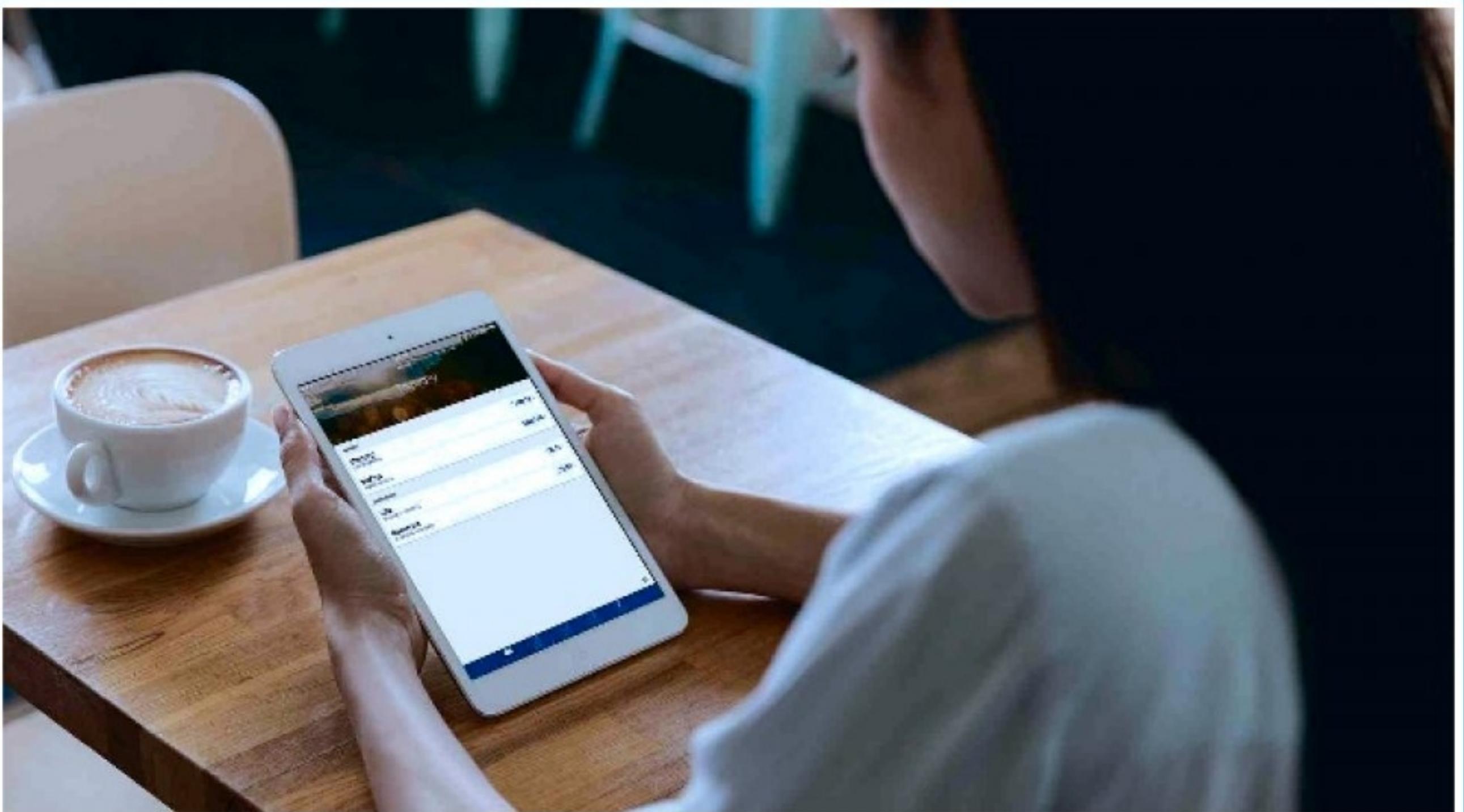




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## TIME TO CRACK DOWN

Grieving dad awaits day-home regulations **metroNEWS**

## Bike plan on wrong track

### DOWNTOWN

**Cycling route pilot failing businesses: Association**

 **Helen Pike**  
Metro | Calgary

Downtown restaurants aren't getting what the city promised them from the cycle track pilot, according to the Downtown Association's view from behind the temporary barriers.

Just under a year after the tracks were installed, an economic slump and cycle track interruptions has compounded into a load of bad business for establishments in the core. And Maggie Schofield, director of the downtown association, said businesses are too exhausted to put up a fight.

But some are saying the line

between the cycle track and wavering business is too thin to draw.

"Both restaurants and retailers were promised great gains because there's these new customers, which clearly has not happened," said Schofield.

Tom Thivener, projects co-ordinator for the Liveable Streets Division said no promises were officially made.

"We're certainly monitoring that, but honestly it's a little premature to try and judge something after a handful of months, in the midst of a recession," said Thivener.

Although the city is reporting bike trips to the core are increasing, Schofield said cyclists don't seem to be stopping to enjoy the fancy feast on offer.

She'd heard from other jurisdictions the bikers only stop for a quick bite or drink, something businesses are telling her is true. She added for those going downtown they'd rather take a cab or drive — she's not sure cyclists enjoy riding in the dark.

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## Calgarian vies for Olympic spot

**SPORTS**

### Show jumping season begins at Spruce Meadows

 **Aaron Chatha**  
Metro | Calgary

Calgary's Kara Chad isn't just horsing around on the road to the Rio summer Olympics.

At 20 years old, she's the youngest and most inexperienced member of her show jumping team.

But she's hungry for competition.

"I keep saying this, but I am grateful to even be considered for it at my age and experience level," she said.

Chad has quickly jumped the bar to become one of the top show jumping riders in the world, representing Canada on five Nations Cup series teams.

Starting Wednesday, she'll be joining riders from around the world at Spruce Meadows.

"For the Canadian athletes, the road to Rio comes through Spruce Meadows over the next four weeks, where the Olympic team will be selected," said senior VP Ian Allison.

Spruce Meadows also officially opens its doors for the spring and summer, beginning its 41st season.

Chad said that she has five horses by her side for the competitions, which should come as no surprise given her history.



**1** At only 20 years old, Calgary's Kara Chad is already a top contender for the Olympics team in show jumping.

**2** Egyptian rider Sameh El Dahan does a trial run the day before competitions begin.

**3** Important advice for every rider.  
ALL PHOTOS AARON CHATHA/METRO

Chad's sister is an international rider, and both of her parents have competed in show jumping.

Chad herself has been riding since the age of 5, and said the lifestyle quickly became an addiction.

"As much as you try to break it down to technicalities, how the horse moves, jumps and all that — it's all off of a gut feeling," she explained.

"How you think you'll bond with the horse, how you think the partnership will work."

For the competition schedule, visit [www.sprucemeadows.com](http://www.sprucemeadows.com).

on trial runs, doing research on the horse's history — and even calling references, meaning people who have worked with the horse before, to get an idea of how reliably it can perform.

"The two minutes you get in the ring, the wins you have — it's like no other feeling," she said.

"It's worth working so hard to achieve."

Much like her riding, Chad's selection of horses is based on her gut feelings.

She said it begins with going

  
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RANSOM

## U of C pays off hackers

 **Helen Pike**  
Metro | Calgary

It came down to the choice between losing world-renowned research or ponying up the cash for the hackers' lock and key — and the University of Calgary is comfortable with its decision.

On May 28, the University of Calgary fell victim to a vicious malware attack. Very complex encryption keys put in place by the online thugs locked their systems down, and as a result their email was malfunctioning. But as IT professionals tried to gain control back, a code made it quite clear that if they wanted access to their valued data, they'd have to pay \$20,000.

"We looked at the potential in the future that we could have someone come to the forefront and say they had lost critical life's-work research data," said Linda Dalgetty, vice-president of finance and services. "We wanted to leverage all of our options, so if we had the encryption keys...someone would not lose their work."

That money came from their general operational budget and was a small price to pay for some of the important data they keep. The university is now in the long and meticulous process of evaluating the decryption keys. Calgary police's cyber crimes division has been on the case since day one.

So, why did they tell the public about their transactions? For Dalgetty that's an easy question: transparency. And the school isn't alone in being targeted, ransomware is becoming commonplace and has even been executed on groups like NASA.



The Calgary Food Bank will spend \$21,000 and \$31,000 in disposal costs in 2017 and 2018, respectively, due to the NDP's carbon tax. METRO FILE

# NDP ensures food bank faces \$21K carbon tax bill

## POLITICS

## Wildrose had called for an exemption for charities

 **Jeremy Simes**  
For Metro | Calgary

The NDP's carbon tax will cost the Calgary Food Bank an extra \$21,000 to dispose of expired food come January, according to the organization's president and CEO.

As the government passed its climate-change legislation

by a margin of 42-29 on Tuesday, the NDP defeated a Wildrose's amendment that would have mandated a rebate for all registered charities that will see costs rise.

James McAra, president and CEO at the food bank, said \$21,000 is a lot of dough for an organization that relies on donations to help families in need, adding the Calgary Food Bank anticipates waste costs will be \$31,000 in 2018, when rates associated with the carbon tax rise.

"It's significant," McAra said. "We don't have the ability to write off or to otherwise pay for the taxes. If I were a business, I could pass down some of those costs to my customer, but as a

charity, I can't." Wildrose MLA Angela Pitt, who spearheaded the amendment, said the NDP owes Alberta charities an explanation for making "life more difficult" for the organizations across the province.

During a press conference on Tuesday, Premier Rachel Notley told reporters there will be opportunities to work with charitable organizations to help them

reduce costs associated with the carbon levy. She said the government has supported a number of charitable organizations through funding non-profits that provide social service supports.

"There has been partnerships with a number of charities throughout the province," she said. "We'll continue to work with them as we roll out the climate change plan."

**We don't have the ability to write off or pay for the taxes. If I were a business, I could pass down some of those costs to my customer, but as a charity, I can't.**

James McAra, food bank president and CEO

But McAra said charities were never consulted on the government's carbon tax. "The volunteer sector is not on the government's radar to talk to," he said. "We're impacted by these legislative decisions, and we try to tell governments and they turn a deaf ear or a blind eye."

McAra said the Calgary Food Bank calculated its increase in waste costs by analyzing the kilo-equivalents of carbon dioxide for a group of 12 typical foods donated to the food bank. That figure was then multiplied by the government's carbon tax rate.

He said the organization has to trash about seven to eight per cent of its food per year.

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### IN BRIEF

#### Homeless shelter seeking bottled water donations

The Mustard Seed is looking for donations of bottled water to hand out to the city's homeless.

"When we can give a bottle of water to someone who comes to our door or someone on the streets, it gives them one less worry on a hot day," says Andy Lewington, Street Level Manager.

Water donations can be dropped off at The Mustard Seed downtown location, 102 11 Avenue SE from 7 a.m. until 7 p.m., seven days a week. METRO

#### Police catch alleged fraudsters in joint operation

Four people and one business have been charged with fraud and money laundering after RCMP and Calgary police conducted a joint sting operation.

Calgarians Giovani Bartolotti, 46, Kalim Khan, 41, Lindsay Tietz, 31 and Linh Tran, 37 each face numerous fraud charges for their alleged offences.

The business charged is a numbered Calgary-based company, 1755569 Alberta Ltd, that was controlled by Tran. METRO

#### Evacuated Fort McMurray family's trailer stolen

Alberta RCMP say a family displaced by the Fort McMurray wildfire has been targeted by thieves.

Officers say the evacuated family had been staying at a campground at Gull Lake, north of Red Deer, when their travel trailer was stolen over the weekend. It was later recovered but items important to the family were missing, including heirloom jewelry and children's bikes. Mounties are asking anyone with relevant information to come forward. THE CANADIAN PRESS



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MURDER TRIAL

## Parents faked blood sugar readings: Doctor

A doctor has testified that the parents of a teen who died of starvation and complications from untreated diabetes were providing fake blood-sugar readings while caring for him after his initial diagnosis.

Dr. Daniel Metzger from the British Columbia Children's Hospital told the couple's trial on Tuesday that they refused to believe their son had diabetes and had to be pressured by child and family services to treat him before he could be

released from hospital in 2000.

"The major thing that I remember is the initial resistance: that I was wrong about the diagnosis of diabetes, that we hadn't done the right tests, that we still were not correct with the diagnosis," Metzger testified.

Emil Radita, 59, and his wife Rodica, 53, have pleaded not guilty to first-degree murder in the death of 15-year-old Alexandru, who weighed less than 37 pounds when he died in Calgary

**The major thing that I remember is the (parents') initial resistance.**

Dr. Daniel Metzger

in 2013.

Metzger, a pediatric endocrinologist, was one of the first physicians to deal with Alexandru and his parents when the boy

was diagnosed at about age 2.

The doctor said training the couple on the basics of diabetes was difficult and, after Alexandru's release, a community health nurse had to visit the family's home twice a day to make sure he was getting insulin.

It was discovered in March 2001 that the parents appeared to be taking their own blood-sugar readings and calling them in to the hospital, Metzger said.

THE CANADIAN PRESS



From left to right, Const. Ottis Scott-Sabula, Const. Trevor Marquis and Staff Sgt. Todd Robertson are all wearing body cameras, which will be issued to all frontline members by 2017.

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## Data from police cams in dispute

LAW ENFORCEMENT

**Researchers find no proof use lessens police brutality**

 **Lucie Edwardson**  
Metro | Calgary

Body-worn cameras might not be all they're cracked up to be — according to a group of researchers from the University of Toronto.

Body-worn cameras have been credited with decreasing police brutality and civilian complaints against officers, but according to research conducted by PhD students Erick Laming and Jihyun Kwon under the supervision of criminologist Scot Wortley, there isn't any concrete evidence to back up these claims.

"What needs to happen is we need to slow down and stop blindly adopting this technology," said Laming. "It's important we take a more comprehensive and generalizable approach to studying body-worn cameras."

The group presented its findings last week at the Congress for the Humanities and Social Sciences here in Calgary, showing their examinations of the only three empirical studies in North America studying the effect on use of force and civilian complaints.

While all three studies suggest positive results, Laming said their research shows that none

of the studies truly demonstrate an increase in police accountability. He said the main issue is that all the studies use different methodology and varying sample size groups to conduct their in-house studies.

"What needs to be done is more comprehensive research in partnership with academics and independent researchers who can test for the statistical significance of this stuff, which can yield better results and can be generalizable," he said.

But, according to Calgary Police Service, which is in the midst of extending its body-worn cameras to all frontline officers by the end of 2016 or middle of 2017, there have been nothing but positive results from the use of body-worn cameras.

"Our officers have actually found the exact opposite," said CPS Deputy Chief Trevor Deroux. "In fact, they've told us situations where people have seen the camera, become aware of it or told there was a camera on and they've de-escalated situations."

Deroux, who couldn't provide any statistics into their program, said the research phase is never truly over.

"It's something we'll continually look at," he said.

Laming said until research is conducted by independent agencies in a way that can be more generalized to other jurisdictions results from the police studies should be looked at sceptically.

"We have to be really critical of the findings," he said. "The research design is faulty and transparency just isn't there."

**It's important we take a more comprehensive and generalizable approach to studying body-worn cameras.** Erick Laming

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Downtown Calgary is regarded as clean and tidy. METRO FILE

## SAFETY

## Downtown survey reveals fear of dark

**Brodie Thomas**  
Metro | Calgary

A lot of Calgarians feel the city centre is clean and tidy but not a safe place to be alone after 10 p.m.

The results of a citizen survey conducted by city administration with 918 respondents paints a picture of a clean and safe are most of the time, with excellent parks and good infrastructure.

However only 36 per cent of respondents feel safe alone after 10 p.m. in the downtown core, compared with 86 per cent during the day.

The numbers didn't surprise Ward 7 Coun. Druh Farrell, who said she's noticed an increase in social disorder since 2013.

"It was measurable after the flood and we never really got things back to normal post-flood — and there are a number of different factors," said Farrell.

She said part of the problem is the increase in street drugs and the

**65%**

Percentage of survey respondents who say downtown parks meet their expectations.

**42%**

Percentage of survey respondents who use a car to get downtown at least once per week.

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# Bike-friendly spots are moving up a gear

## TRACKS

## Wheel turning for businesses embracing the cycle revolution



**Helen Pike**  
Metro | Calgary

—

downturn in the local economy.

The city has responded by deploying more beat cops and bylaw officers in the downtown, according to Farrell.

The city's goal is to have a city core that is a "liveable, thriving and caring place," and they may be doing better on the living side of that equation.

The survey showed that 55 per cent of those surveyed now think the city centre is a desirable place to live — up six per cent from 2013 and 17 per cent from 2011. Slightly fewer people are shopping in the downtown, but more people are eating lunch and dinner there.

Farrell said the study reinforces the need for continued investment in the core. She worries about the 20 per cent vacancy rate, but thinks the city can continue to make improvements for when businesses return.

"We know what works, we know what not to do, and so we just need to do more to build success in our core," said Farrell.

Businesses looking to attract more cyclists needn't glance further than the two-wheeled enthusiasm brewing in Calgary's Beltline and other core neighbourhoods.

But the only question is whether these establishments going the extra mile with bikers are seeing it pay off in their pocketbooks.

Establishments like Alfonso Café and Bakery in Eau Claire and Last Best Brewing Company have carved a niche market; one with its friendly bike pump and sexy fixie propped up on the wall, and the other with its growing bike-friendly event roster.

"There's huge potential in communities around the downtown to attract regular customers," said Peter Oliver, co-founder of Calgarians for Cycle Tracks. "You can see the businesses that are thriving are supporting the cycle tracks or embracing them."

He added a 30-minute walk from the Beltline can take 10 minutes by bike, and parking isn't an issue.

Last Best Brewing & Distilling stumbled into their support of the network — they've become a spot for bike-themed events.

"It's becoming more prominent, but on a day-to-day basis I



Businesses are adding features and events to attract cyclists. HELEN PIKE/METRO

don't see anything," said general manager Chad Alyn.

He added they are thinking of hosting their own cyclist-themed nights, and have even invested in an indoor bike lock setup for the events they host.

But Maggie Schofield with the Downtown Association maintains comparing the higher residential areas to Calgary's downtown is like trying to fit a square peg in a round hole. It just doesn't work.

Karen Kho with the Teatro group has a unique opportunity to talk about both downtown and core restaurants flush to the cycle track network. Es-

**You can see the businesses that are thriving are supporting the cycle tracks or embracing them.**  
Peter Oliver

Establishments like Cucina and Ca'puccini on 8th Avenue S.W. are examples of downtown, juxtaposed with their other locations like Alfonso which is closer to the pathway sys-

tem and residential properties.

"To say that Alfonso is cycle positive is an understatement for sure," Kho said. She added although the bike racks out front are all full, she hesitates to say there's a business bump from the bikers directly.

"You can resist it, or you can embrace it, we've been busy since we opened — I don't know if that's a result of the cycle track but it definitely hasn't been a deterrent."

As for Cucina, Kho said it's a little bit of a different beast, but noted there's lots of walking traffic, and with or without the cycle track they're thriving.

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## Juvederm replaces lost volume!

As we age we lose fat on our faces. Our cheeks, which were full and high when we were young can sink and develop a triangular shaped flat spot that can appear shaded and grooved. Many of us lose volume in the orbits of our eyes. This causes eye circles that may or may not be dark in appearance. We also lose volume in our lips and other areas of our faces. This lost volume allows the face to fall and contributes to the appearance of lip lines and the folds that appear at the sides and corners of the mouth. Even when we are young, lack of volume can make us look tired!



Lost volume in the face is easy to replace with dermal fillers! This popular procedure can restore the contours and shape your face had when you were younger. Fillers can also

be used to create volume where it has never existed. A skilled injector is able to place the correct consistency and amount of filler to precisely replace or create volume to the areas of the face that can benefit.

## Results are instant and natural in appearance!

As we age we also develop wrinkles and lines that eventually become permanently etched in our features. They result from animating the face. We frown, we raise our eyebrows in surprise or joy, we smile, we squint, and we pucker our lips. Animation of the face is, of course, a good thing. The deep lines that result, however, can make us look angry or stressed out when we are actually relaxed and happy.

A class of medications known as neuromodulators can relax muscles to create a more youthful appearance. Neuromodulators have been used for many years to treat many medical conditions. In tiny doses for cosmetic purposes they are used to relax crowsfeet around the eyes as well as frown lines and horizontal lines in the forehead. They can also be used to relax lip lines, neck bands, bunny lines on the nose, a gummy smile, a masculine jawline, and more. Neuromodulators that are currently in use include Botox®, Dysport® and Xeomin®.

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Skinpossible's team of injectors use advanced treatment techniques to ensure that our clients are comfortable. In some areas of the face where a high degree of precision is needed we transfer the filler into smaller needles before we inject it. In areas such as the lips we will first apply numbing

cream to desensitize the skin. In other areas we will choose to avoid the use of needles altogether and use a micro-cannula to place the filler. The micro-cannula is being called the 'Ouchless Needle.' It is small and the tip is rounded. The value of the blunt tip is that it is comfortable and the risk of bruising and damage to the skin is minimal.

## Skinpossible uses Botox!

Administering neuromodulators and dermal fillers is an art! The skill and experience of your injector will very much dictate the outcome. The key is to do enough, place it properly and not overdo it. Neuromodulator dosing that is too high can freeze features and create a rather odd looking appearance. Moderate dosing, on the other hand, creates a natural, youthful looking appearance that you will love. The results from filler can range from subtle to dramatic but it is important to not overdo it. Too much filler can look unnatural. As a rule of thumb, less is more. If your face can't move or your lips enter the room before you do, you may have lost perspective!

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# Child-care funding won't end unregulated dangers: Father

## CHILD SAFETY

## Man whose infant died calls for more regulation

**Lucie Edwardson**  
Metro | Calgary

Parent advocates for stricter day home legislation in Alberta say the steps the provincial government are taking simply aren't enough.

Ryan McGrath is the father of Ciera Lynn McGrath, the 18-month-old who died in hospital last November after being rushed from her private Silverado day home in medical distress after having a nap in a car seat.

McGrath said the additional \$10 million invested into child-care by the province just skims the surface of what he believes needs to be done.

"It just seems like a drop in the bucket. I'm sorry, but throwing three per cent more money at opening spaces doesn't address the root problems," he said. "It's a Band-Aid solution,



## BY THE NUMBERS

1,992

Number of licensed day homes in Edmonton

700

Number of licensed day homes in Alberta

632

Number of unlicensed day homes

?

Number of licensed day homes in Calgary

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of children at a Midnapore day home. Accused is 69-year-old Calgary man Kenneth Alfred Jenkinson.

"How many vulnerable children need to die, or be taken advantage of?" said McGrath. "I wonder how many little kids aren't or can't report what's really going on behind unmonitored closed doors."

A spokesperson for Early Childhood Development for the Ministry of Human Services said their executive director had met with the McGrath family and "is looking into options to address these issues."

Under the Child Care Licensing Act, unlicensed day homes are allowed to have up to six children under their care at one time.

Penalties for operating without a licence in violation of the Act are determined by the court and include a maximum \$10,000 fine and up to one year in jail.

Unlike licensed day homes, unlicensed day homes are not inspected by the Family Day Home Agency for compliance unless a complaint is issued.

"They should all have to be licensed or registered somehow and checked in some way," said McGrath.



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## THEATRE CALGARY

# Artistic director takes final bow

**Aaron Chatha**  
Metro | Calgary

The curtain is closing on Dennis Garnhum's bill at Theatre Calgary.

The artistic director has been with the company for 11 seasons, meticulously planning a bevy of wild and unique shows to entertain Calgary audiences.

"It's terribly sad," he said. "I leave behind people I loved working with. I leave behind a community that has been incredibly supportive. Audiences that have been so receptive to the crazy ideas in my hands."

Garnhum exits stage right for a new gig at the Grande Theatre in London, Ont. It's the theatre — and the town — he grew up in, so Garnhum jumped at the opportunity to go home when the artistic director position opened up.

Looking back at his time among Calgarians, Garnhum

**Dennis Garnhum exits after 11 seasons.** COURTESY DAVID COOPER

said his spotlight moment as an artistic director happened during his first season.

He introduced audiences to a production called The Overcoat. It was a dance piece without words.

"People were really nervous about it because they'd never seen anything like that at Theatre Calgary," he recalled.

"That opening night, experiencing an audience come alive, cheer and see something in a style they'd never seen before, the audience was so electric."

Garnhum went backstage, where the performers said they'd toured the show across the world — but had never received such an appreciative response from an audience.

"I really felt like that was the moment my time at Theatre Calgary really took off."

Although his last day is Sept. 9, Garnhum's presence will still be felt at Theatre Calgary, especially during the following season, which celebrates the company's 50th anniversary.

Looking back at his time among Calgarians, Garnhum

# Fort Mac pets bring special challenges

## ANIMAL CARE

## SPCA releases guidelines, key items for the return home

**Alex Boyd**  
Metro | Edmonton

He's back home in Fort McMurray, but when he's out for a walk and finds a burnt pine needle on the ground, Cuddles, a four-year-old poodle mix, still has to stop and sniff it.

"It's a little bit of an after-effect of what he went through, for sure," his owner Julia Evasiuk said.

"He was really stressed driving through the smoke, he was worried and crying," she said, referring to the day she evacuated Fort McMurray with her two dogs and rabbit.

"The moment we got on the highway I unrolled the window and he would not stop smelling the air to make sure the smoke was gone."

Lingering anxiety is one of the challenges Fort McMurray pet owners say comes with returning to their city with animals. While essential services for humans got back up and running quickly, pet stores were a bit slower.

Evasiuk said she arrived

**Cuddles, 4, is back home in Fort McMurray but is still worried about smoke, his owner says.**

KEVIN TUONG/FOR METRO

with the recommended two weeks of supplies for herself, but brought enough dog food for a month, just in case. She adds she knows people who have been reluctant to return with short-nosed breeds like pugs, because of air quality concerns.

The Fort McMurray SPCA has released a tip sheet for pet owners returning home hoping to address some of these concerns. They're also

"We want to make sure that pet owners are able to keep their pet within their family."

The tip sheet advises that

**It's a little bit of an after-effect of what he went through, for sure.**

Julia Evasiuk

giving out pet-specific re-entry kits, with items like pet food, collars and pet litter.

"I think that just as people that reside in the community are going to come back when they feel it's safe, they are taking the same position with their pets," said executive director Tara Clarke.

"We want to make sure that pet owners are able to keep their pet within their family."

The tip sheet advises that

animals stay indoors as much as possible to stay away from contaminated areas, avoid high-energy activities and stay hydrated.

Clarke said that although many dogs seem to be able to eat almost anything without negative effects, the boil-water advisory also applies to them.

"Boil-water advisories are enacted because of the detection of E. coli in the water, so the fact that its potentially harmful means you want to make sure you're providing boiled water for them as well."

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# Brace for even longer lines, flyers

## AIRPORTS

## Feds urged to boost funding for screening of passengers

Canadians risk flight delays and even longer airport security lines unless Ottawa boosts screening funding to address growing passenger levels, industry experts

are warning.

"It is on the cusp of being a real problem, with serious, serious delays," says John Gibson, chairman of the Canadian Airports Council.

Canadian airports aren't currently facing the chronic disruptions that are increasingly angering U.S. passengers. Still, lines have steadily grown over the last few years as Canadian funding hasn't kept pace with the 21 per cent increase in passenger growth over the last five years.

The Canadian Air Transport Security Authority (CATSA) says, on average, it screens 85 per cent of passengers within 15 minutes.

But waits can be much longer at some large airports during peak travel times, with additional pressure potentially coming during the rush of summer travel — and the number of passengers is growing by 3.5 per cent each year.

If nothing is done to address the bigger volumes, Gibson said, passenger waits could regularly

reach an hour. The number of security screeners has in the past fluctuated depending on the size of government funding. More than 6,000 agents screened 58 million passengers last year.

The agency says it's doing the best it can with the resources it's provided by the government. An extra \$29 million in the Liberal government's first budget will help to maintain the current threshold this year.

THE CANADIAN PRESS



Passengers at Toronto's Pearson airport in 2007. Canadian airports face longer security lines without more funding, say experts. J.P. MOCZULSKI/THE ASSOCIATED PRESS

## ASSISTED DYING

## Senators balk at Bill C-14 limits

The federal government's proposed new law on medically assisted dying is entering uncharted parliamentary waters, where the only certainty seems to be that it will not come out in the same shape in which it goes in.

Final debate on Bill C-14 begins Wednesday in the Senate, where the government no longer has any control over independent-minded, less-partisan senators who appear determined to amend the controversial legislation.

Among other things, senators are likely to amend the bill to ensure that all grievously ill Canadians are entitled to an assisted death, not just those who are near death. But no one knows what will happen if the government, which has rejected any substantive amendments thus far, refuses to accept Senate amendments. Will senators acquiesce? Will they fight to defeat the bill? "I don't know — that's the simplest answer," said Sen. George

Baker, who is sponsoring the bill in the Senate.

"I don't know what's going to happen in the Senate. This is a new situation for the Parliament of Canada. There's never been a situation similar to this before."

Conservative Senate leader Claude Carignan was blunt when asked if the bill will be passed by the Senate without amendments.

"Without? Impossible," he said. Carignan appeared confident there's enough support among Conservative, independent Liberal and independent senators to fix what he sees as the bill's major flaw: the requirement that a person must be near death in order to qualify for medical help to end their suffering. That provision has been slammed by constitutional and legal experts who maintain it flies in the face of the Supreme Court's landmark ruling last year and will inevitably be struck down as unconstitutional.

THE CANADIAN PRESS



### WOODSTOCK, ONT. STUDENTS STAGE MASS WALKOUT

**OVER SUICIDE RESPONSE** Avery Greenwood, left, and Jordan McNeillie write their names on the sidewalk in the town square during a rally in Woodstock, Ont., after they and hundreds of their classmates walked out of school on Tuesday to raise awareness of a suicide crisis that is gripping the small Ontario community. Five people aged 19 and younger in the city of roughly 38,000 have killed themselves since the beginning of 2016, police have said, noting 36 more have expressed suicidal thoughts or attempted suicide in the region. GEOFF ROBINS/THE CANADIAN PRESS

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# Campaign looking ahead to November

## U.S. POLITICS

### Clinton eyes general election as presumptive nominee

Already the presumptive Democratic nominee, Hillary Clinton sailed to victory in Tuesday's primary in New Jersey, one of six states voting across the country. Rival Bernie Sanders hoped a strong showing in California, the night's biggest prize, would raise doubts about Clinton's historic achievement and spur superdelegates to rally around him instead.

Donald Trump won Republican primaries in New Jersey, New Mexico and South Dakota, capping an otherwise difficult day for the presumptive GOP nominee. Party leaders recoiled at Trump's comments about a Hispanic judge, with one senator even pulling his endorsement.

Trump was conciliatory at his victory rally, saying he understands "the responsibility" of leading the Republican Party. He also made a direct appeal to dejected Sanders supporters and other Democrats.



Hillary Clinton arrives onstage during a primary night rally in Brooklyn, N.Y., on Tuesday. DREW ANGERER/GETTY IMAGES

New Jersey.

"This election isn't about Republican or Democrat, it's about who runs this country: The special interests or the people," he said.

Clinton's win in New Jersey came a day after she secured the 2,383 delegates she needed to become first female presumptive nominee of a major political party, according to an Associated Press tally. Her total includes pledged delegates won in primaries and caucuses, as well as superdelegates — the party officials and officeholders who can back a candidate of their choosing.

"To every little girl who dreams big: Yes, you can be anything you want — even president. Tonight is for you," Clinton wrote on Twitter shortly after she won

"We are at the brink of a historic, historic unprecedented moment," she said during a rally in California on Monday.

Sanders picked up a win in North Dakota, where a handful of delegates were up for grabs. Montana was also holding a primary Tuesday.

Clinton was waiting until most of the voting was complete before fully reveling in becoming the first woman nominated by a major U.S. political party. Still, she was wasting no time moving toward the general election. Her campaign announced that she would make stops next week in Ohio and Pennsylvania, states that will be pivotal in November.

THE ASSOCIATED PRESS

## IN BRIEF

### Detroit prosecutor backs off man's four murder convictions

A judge on Tuesday threw out the murder convictions of a young Detroit man who pleaded guilty to killing four people when he was 14, a remarkable turnaround in a case that has been in doubt for years after a professional hit man stepped forward and took responsibility for the slayings at a drug den.

Judge Brian Sullivan acted at the request of the Wayne County prosecutor's office and lawyers for Davontae Sanford.

THE ASSOCIATED PRESS

### Car bomb attack kills 11 people in Istanbul

A car bomb hit a police vehicle in Istanbul during the morning rush hour on Tuesday, killing 11 people and wounding 36, the fourth bombing to hit the city this year.

There was no immediate claim of responsibility, but Turkey has seen a recent increase in violence linked to Kurdish rebels or to the Islamic State group, which has established cells in the country.

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## BROCK TURNER

### Stanford defends its handling of assault



Brock Turner  
THE ASSOCIATED PRESS

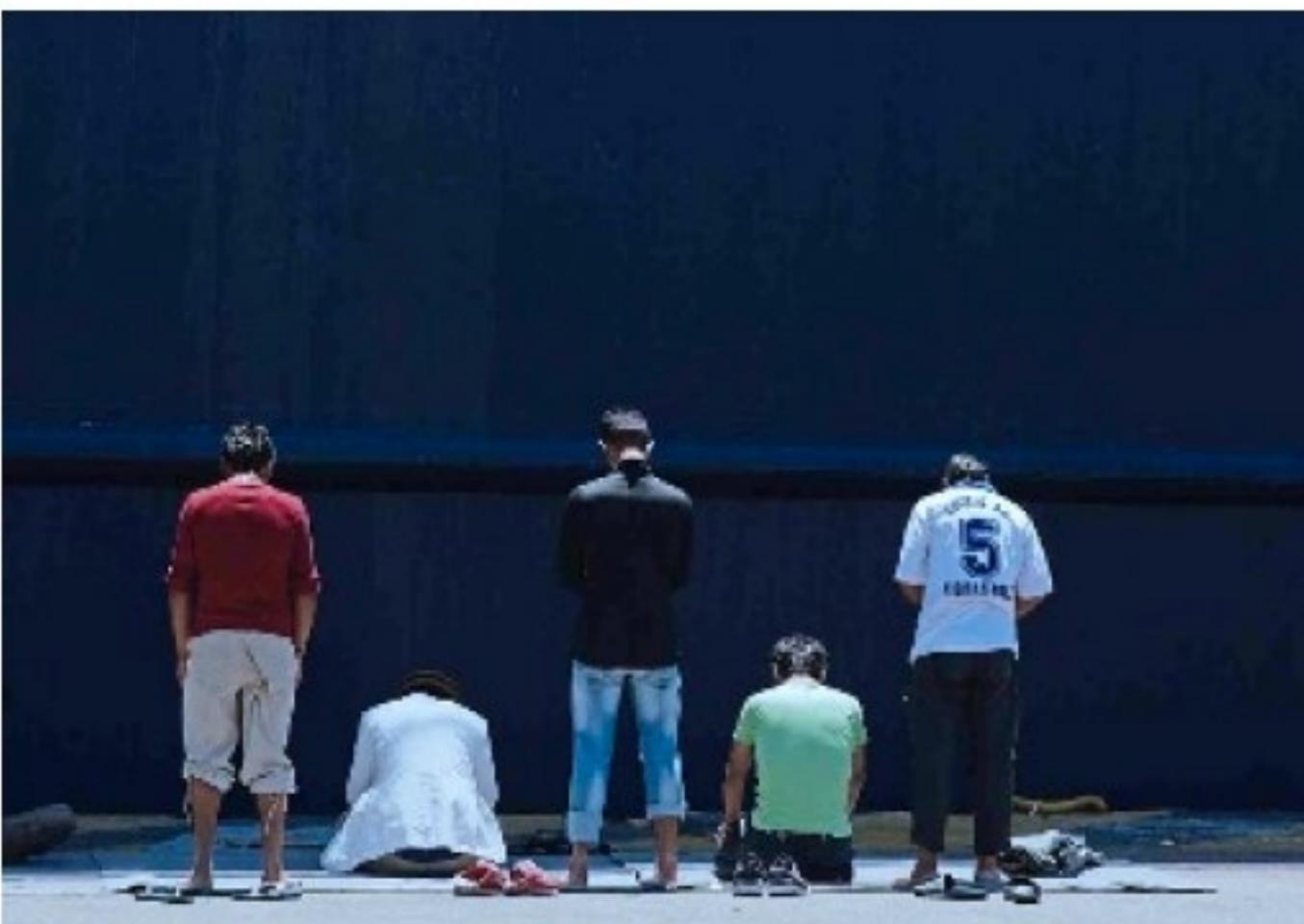
thrusting his hips into her." He said the woman was unconscious the entire time because he checked her and she "didn't move at all."

"The guy stood up then we saw she wasn't moving still. So we called him out on it. And the guy ran away, my friend Peter chased after him," Arndt said.

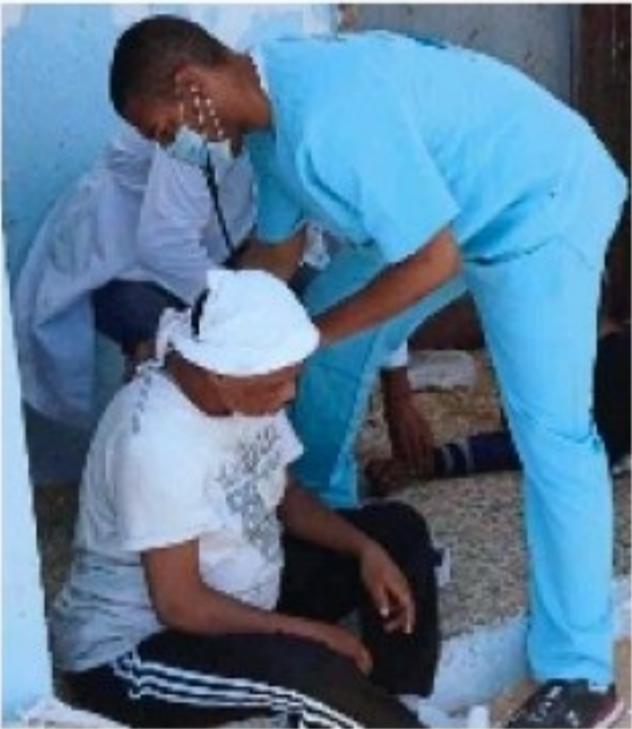
The 20-year-old Turner was sentenced last week to six months in jail and three years' probation, sparking outrage from critics who say Santa Clara County Judge Aaron Persky was too lenient on a privileged athlete from a top-tier swimming program. Some are urging he be removed from the bench.

Carl-Fredrik Arndt tells CBS News that he and his friend happened to ride by on bicycles and saw Turner "aggressively

THE ASSOCIATED PRESS



Afghan migrants stranded in Greece pray in front of a docked ferry at the port of Piraeus near Athens on the first day of Ramadan on Monday. PETROS GIANNAKOURIS/THE ASSOCIATED PRESS



A member of the medical personnel checks a migrant at the Tripoli port after 117 migrants of African origins were rescued by coast guard boats off the coast of Libya on Tuesday. MAHMUD TURKIA/MAHMUD TURKIA/GETTY IMAGES



Fatma, who lost her 17-year-old son Mohammed in a shipwreck, shows a picture of him on May 30. PASQUALE CLAUDIO MONTANA LAMPO/THE ASSOCIATED PRESS

# EU seeks to slow migrant arrivals

## IMMIGRATION

### Nations struggling to manage refugee emergency

The European Union unveiled plans Tuesday to seal agreements with African and Middle East countries in an effort to persuade refugees to stay close to home and to discourage people looking for jobs from heading to Europe.

The European Commission said that the agreements would target countries that migrants and refugees leave, travel through or stay in, often on their way

to Europe. The move is part of the EU's longer-term strategy to tackle the root causes of migration as the 28-nation bloc struggles to manage its biggest refugee emergency since the Second World War, with member states divided over what action to take. EU lawmakers immediately expressed concerns that the deals would be another attempt to outsource the bloc's migrant woes, like the much-maligned migrant agreement with Turkey.

The commission said the new partnership "compacts" would combine funds to build border, asylum and counter-smuggling capacities, as well as develop infrastructure and promote investment.

Development and trade incentives would also be offered.

"We propose to use a mix of positive and negative incentives to reward those third countries willing to co-operate effectively with us and to ensure that there are consequences for those who do not," European Commission Vice-President Frans Timmermans told lawmakers in Strasbourg, France.

The main countries concerned are conflict-torn Syria's neighbours Jordan and Lebanon, where around two million Syrian refugees are sheltering. Senegal, Mali, Niger and Nigeria along the key migrant paths through western Africa are also targeted.

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**ENERGY EFFICIENCY**  
**Calls for support from feds growing**

Proponents of natural gas fuelled vehicles say they can help reduce carbon emissions now but government support is needed to get businesses on board.

The alternative fuel has been around for decades but new technology developments and greater awareness of the need to bring down emissions has led to heightened interest, said Bruce Winchester, executive director of the Canadian Natural Gas Vehicle Alliance.

"We see some opportunities and some real potential, particularly as governments start to look at transportation as a source of greenhouse gas emissions," he said.

Like most alternative fuels, natural gas still only makes up a small fraction of the fuel powering all vehicles on the road. But Winchester said he sees potential for growth in medium- and heavy-duty fleet vehicles.

Natural gas has about 15 per cent less greenhouse gas emissions than diesel. That can translate into a far bigger impact if trucking fleets are converted to use natural gas.

"You're going to get bigger emissions savings when you look at an application that requires a lot of kilometres and therefore a lot of fuel burned," he said. THE CANADIAN PRESS

# Universities revamp menus

**HEALTH**
**Food providers pressured to offer fresher meal options**

Students want healthier meals, and Canadian universities seem to be listening.

The University of Toronto's downtown campus will cut ties with its food service provider, Aramark, this summer and start running most of its on-campus dining options itself.

It's the latest school to satisfy what appears to be an appetite for fresh meals. It will centralize most food operations and see a main kitchen provide fresh food to some retail outlets that rely heavily on packaged food, said Anne Macdonald, the university's director of ancillary services.

Chefs, for example, will cook soups and sauces from scratch instead of ordering from a production facility, Macdonald said.

Such changes were called for by students, faculty and staff in focus groups, she said.

"This is the voice of the students," said chef Joshua Maharaj, who consults with universities and colleges on menu changes.

"They are increasingly dissatisfied — as they should be — with really highly processed foods and a campus food service that is sort of an irritating afterthought."

Last year, the Canadian Federation of Students voiced con-



Jaco Lokker, executive chef and director of culinary operations at the University of Toronto. The university's downtown campus will start running most of its on-campus dining options itself to satisfy a growing appetite for fresh meals. EDUARDO LIMA/THE CANADIAN PRESS

**This is the voice of the students.**  
Joshua Maharaj

cern over the quality of campus food across Canada after images surfaced of raw meat and mouldy food served at Memorial Univer-

sity in St. John's, N.L.

In Lethbridge, Alta., students voiced their desire for healthier options and local ingredients when the University of Lethbridge debated whether to renew Sodexo's contract in 2012, said James Booth, executive director of ancillary services at the school.

"They're much more astute consumers and they have more

refined needs," he said.

Booth compared the evolution of menu offerings to that of residence amenities. Twenty-five years ago, students lived in basic dormitories, he said.

"Today they have granite countertops, and they have flat-screen TVs and Wi-Fi and Netflix," he said. "You have to keep up."

Maharaj said it's important for food service providers to be open to working with their clients to figure out how to better serve their needs.

"I think that they really could be allies and change agents, if we position them well and support them and ask them to do these different things."

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As per the Operator Licensing and Vehicle Control Regulation, residents in Fort McMurray, Anzac, Gregoire Lake Estates, and Fort McMurray First Nation have additional time to renew expiring documents including Operator's Licences, Interim Operator's Licences and motor vehicle Certificates of Registration.

Residents subject to the extension are encouraged to renew their motor vehicle documents prior to June 30, 2016.

Visit Alberta.ca for wildfire emergency information.

**Alberta** Government

**INDUSTRY**

## Telecommunications sector competition stifled: Bernier

The CRTC has discouraged competition in the telecommunications sector and should have a far diminished authority over the industry, Conservative leadership candidate Maxime Bernier said Tuesday.

"It is not the role of the CRTC, it is not the role of the government to decide how this increasingly complex market should evolve," Bernier said in a speech at the Canadian Telecom Summit in Toronto. "It is up to producers. It is up to consumers."

The CRTC has stifled competition with some of its decisions, he said, citing as an example the regulator's ruling last year that requires major Internet service providers to sell space on their high-speed infrastructure to smaller rivals at wholesale prices. That decision was endorsed last month by the federal Liberal cabinet.

Bernier, a former industry minister who once over-



**Maxime Bernier**

EDUARDO LIMA/THE CANADIAN PRESS

saw the CRTC, also slammed the regulator's recent public consultations on broadband Internet services in Canada, calling them a waste of time and money.

The CRTC said it had no comment on Bernier's position.

Bernier said the CRTC's role as telecom regulator should be phased out and that the federal Department of Innovation, Sci-

ence and Economic Development take over its remaining essential functions, such as 911 services, while the Competition Bureau oversee competition issues.

He said he plans to outline what he believes the CRTC's role should be as it relates to broadcast services later this year.

He also expressed his opposition to the setting aside of a portion of wireless spectrum to new entrants at spectrum auctions. He said it would be better to open that up to foreign investment.

BCE's friendly deal announced last month to take over Manitoba Telecom Services also garnered Bernier's support. The acquisition requires approval from the Competition Bureau.

Bernier has repeatedly spoken out about the need to deregulate the telecom industry. THE CANADIAN PRESS

**RETAIL**
**Hudson's Bay scores poorly on cotton-sourcing list**

A report released Tuesday ranking the world's largest cotton consumers on the basis of their sourcing practices has put Canada's oldest retailer, Hudson's Bay Company, near the bottom of the list.

The study done for the World Wildlife Fund, Pesticide Action Network UK and Solidaridad examined whether 37 international companies used sustainable cotton sources and ranked them according to a number of factors, including the guidelines used to produce the cotton. Hudson's Bay, the only Canadian retailer on the list, had a total score of one out of a possible 19.5.

The report said HBC's low score did not necessarily indicate that it used unsustainable cotton, but rather reflected a lack of transparency on its practices. THE CANADIAN PRESS

# metr<sup>o</sup> VIEWS

Your essential daily news

Wednesday, June 8, 2016

## ROSEMARY WESTWOOD ON THE RETURN OF A RALLYING CRY

**Rape culture was a slogan that undermined its cause by being too vague. But this week, Dan Turner, the father of sex offender Brock Turner, has upended all that.**

"Rape culture" had become a barren phrase.

Jargony and overused, chanted with abandon and often wielded with little insight, it had lately lost much of its meaning. Coined in the 1970s to describe how society implicitly condones sexual violence and blames victims, rape culture was the slogan that undermined its cause by being too vague.

But this week, Dan Turner has upended all that. He has given rape culture, as short-hand, a second wind — and a snappy quote few will soon forget.

Turner is the father of convicted sex offender Brock Turner. In front of a California courtroom, he dismissed his son's groping, fingering, humping and undressing of an unconscious woman behind a dumpster as a mere "20 minutes of action."

And with that, "rape culture" is back in the discourse with renewed vengeance.

Turner's statement spawned stories and made headlines across international media when it hit Twitter this weekend, after his son's conviction on three charges of sexual assault and the ensuing light sentence, a mere six months in jail plus probation.

**Rape culture persists when perpetrators receive kid-glove treatment.**

Like his son, who has never admitted guilt, Turner senior shows zero recognition of the assault

time you miss an opportunity to educate our sons about the concept of consent ... you're perpetuating



**NOT A PARKING-LOT PREDATOR** A prosecutor's comment that Brock Turner 'may not look like a rapist,' proves how pervasive misconceptions about sexual assault are, Rosemary Westwood writes.

DAN HONDA/THE ASSOCIATED PRESS

as such. He calls it the "unfortunate results" of campus binge drinking, deems it one of the "dangers... of sexual promiscuity."

There's nary a whiff of culpability. That makes Turner the poster boy for rape-culture-condoning parents.

Mashable's Chris Taylor explained phenomenon well. "Rape culture is a thing..." he wrote to fellow fathers. "Any time you put the onus on our daughters — don't wear that dress, don't get drunk, don't lead guys on — you're perpetuating it. Any time you make a rape joke, you're perpetuating it. And any

ing it."

Amazingly, Dan A. Turner not only thinks his son shouldn't go to jail for ripping the underwear off a passed-out woman and groping and fingering her, he thinks his son should educate other students about sex and booze on campus.

Leslie Rasmussen, Brock's friend, was more explicit in her plea to the judge: "Brock is not a monster," she said in a statement. "Rape on campus isn't always because people are rapists," she added, ludicrously, explaining that Brock isn't a real rapist because he didn't kidnap his



## Balloon ride taught me to not be defined by illness



**Samantha  
Emann**  
Metro | Toronto

If you had asked me two years ago whether I would go for a ride in a hot air balloon, I would have laughed.

But here I was, in Kitchener, Ont. at 5 a.m., listening to a pilot tell a group of soon-to-be passengers, myself included, how to brace for bumpy landing as we prepared to be lifted thousands of feet into the air.

I was there to participate in Parkinson Canada's Life Lists Challenge campaign where one could find themselves doing other bucket-list type things like skydiving and bungee jumping.

Participants raised much-needed money for research on a disease for which there is no known cure, for public education and to help support the more than 100,000 Canadians living with it. This event was unique, as you got to be inspired by a partner with Parkinson's, putting a human face to the fundraising efforts.

The world watched iconic figures like the late Muhammad Ali live with Parkinson's, but not let it define them. Ali will be remembered for his accomplishments and his many contributions to the society and time in which he lived, not for the tremors that affected him later in life.

Jon Collins, the organizer of the campaign, said the balloon challenge seemed to be relatable for all age groups for different reasons. He said the idea of doing some-

thing you want to tick off your bucket list would be a new way to engage younger people, particularly millennials.

"This could be you, this could be me, at this exact stage in my life looking to raise a young family, working hard on my career and then (facing) a diagnosis that I was absolutely not expecting."

Though Parkinson's affects everyone differently, some symptoms include tremors and problems with balance

and motor skills. The invisible symptoms of the disease, from fatigue to sleep disorders to other mental health issues, are equally challenging but not as often talked about.

That fact struck a chord with me.

After enduring bouts with depression and still fighting with anxiety, I am familiar with what it means to suffer from symptoms that aren't apparent to others. And having grappled with recent life-altering issues arising from my weight, I understand what it means to feel like you are fighting your own body.

I don't want to be the sum of my medical issues. I used to think going up in a hot air balloon would be out of the question. But after this? Sign me up for the next challenge!

### HOW TO TRY IT

Details about bucket-list-worthy events coming up in Halifax, Winnipeg and Ontario can be found at [lifelistschallenge.ca](http://lifelistschallenge.ca)

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# Wake up your cooking with coffee



Park the skepticism — coffee pairs surprisingly well with fresh salad vinaigrettes as well as the tanginess of limes when used as a rub for grilled chicken legs. TORSTAR NEWS SERVICE

## CAFFEINE KICKS

### Dinner plates full of beans can counter sleepy summer

As the days stretch toward summer solstice on June 20 and the weather starts making all of us sleepy, try adding a zip to your cooking with coffee. In addition to an extra caffeine hit, you'll also taste the warm, bitter aromas of coffee that go very well with some unlikely warm-weather dishes.

It's already a given that coffee intensifies cocoa (try adding espresso powder to chocolate cake batter) and that it's an essential ingredient in desserts like tiramisu, but consider the flavour profile of coffee: bitter, slightly acidic and earthy.

Use it to balance out citrus and vinegary flavours; complement the smoky taste of smoked meats or grilled vegetables; contrast sugary desserts like ice cream and custards (af-

fogato, anyone?); and enhance the nuttiness of caramels and brittles.

Summer is all about grilling, citrus notes and using the oven as least as possible. These recipes for a coffee-infused meal will keep you buzzed well-past the sunset.

#### Grilled Asparagus Salad with Coffee Vinaigrette

Coffee and asparagus have more in common than you think. In the U.S. during the late 19th century when trade routes were disrupted by the Civil War, newspaper articles suggested using the seeds inside the red berries of the asparagus plant in lieu of coffee beans. When dried, roasted and ground, the seeds apparently had the same full-bodied aroma and taste of coffee. We're pairing crisp, grassy grilled asparagus with a vinaigrette infused with coffee to add a bitter, nutty flavour that mingles out the vinegar and compliments

the sweetness of charred vegetables. If you're skeptical about adding coffee to vinaigrettes, you would be far from alone but it actually pairs surprisingly well. Any vegetable will do, as long as it's hearty enough to withstand the grill.

(Makes 6 servings)

#### Ingredients:

- 1/3 cup (80 mL) olive oil, plus more for brushing vegetables
- 1 tsp (5 mL) maple syrup or honey
- 1 tsp (5 mL) instant coffee granules
- 3 tbsp (45 mL) apple cider vinegar
- Salt and pepper, to taste
- 1 lb (450 g) trimmed asparagus
- 2 quartered red peppers, stem, seeds and ribs removed
- 1 sliced medium red onion
- 6 spring onions, white parts only

#### Directions:

1. In a bowl, whisk together olive oil, maple syrup, coffee and vinegar until coffee has dissolved. Season with salt and pepper. Set aside.

2. Lightly brush vegetables with oil and season with salt and pepper.

3. On a medium-hot grill or a grill pan over medium-high heat, grill vegetables, flipping occasionally until tender and slightly charred, about 5 minutes.

#### Grilled Lime and Coffee Chicken Legs

Lime marinades and coffee rubs are popular flavour choices for barbecues; try combining them for a complex, zesty way to flavour chicken legs.

The tanginess of lime hits the tongue but then the bittersweet coffee-sugar rub starts to shine.

(Makes 6 servings)

#### Ingredients:

- 1/4 cup (60 mL) fine coffee grounds
- 2 tbsp (30 mL) salt
- 2 tbsp (30 mL) sweet paprika
- 2 tbsp (30 mL) brown sugar
- 1 1/2 tbsp (22 mL) black pepper
- Juice and zest of 4 limes
- 2 finely minced garlic cloves
- 6 bone-in, skin-on chicken legs, trimmed of excess fat and skin, rinsed and patted dry with paper towels
- Chopped cilantro, for garnish
- Lime slices, for garnish

#### Directions:

1. In a large resealable plastic bag, add coffee, salt, paprika, brown sugar, black pepper, lime juice and zest and garlic. Massage bag to mix evenly. Add chicken, seal bag and massage to marinate chicken. Refrigerate for minimum two hours or overnight.

2. When ready to cook, remove chicken from bag and

brush off excess rubs.

3. If using a charcoal grill, arrange coals on one side of grill and bring to medium-high heat. If using a gas grill, turn off one burner after grill has reached medium-high temperature. Sear chicken legs on hot side of grill for 4 to 5 minutes per side. Transfer to cool side of grill and cover, flipping occasionally until legs are fully cooked with an internal temperature of 165 F (75 C), about 20 to 25 minutes.

4. If not using outdoor grill, sear legs on a grill pan over medium-high heat. Turn heat down to medium, cover and flip occasionally until fully cooked.

5. Remove from heat and transfer to serving platter.

6. Garnish with lime slices and chopped cilantro. Let rest for 5 minutes before serving.

TORSTAR NEWS SERVICE



Fresh, plump scallops are the best option for skewers.

THE ASSOCIATED PRESS

# Scallops take centre stage

## SEAFOOD SKEWER

### Quick and easy, they're perfect when paired up with prosciutto

Sucker for scallops? You're not alone. They're sweet, meaty, cylindrical and bite-sized. This particular recipe puts scallops at the centre of a skewer's worth of very tasty kebabs. It's quick and easy, requiring no more than 15 minutes hands-on time and 40 minutes total from start to finish.

First, buy the best scallops available. Sometimes, scallops are harvested, stored in water with preservatives, then kept at sea for days before the boat returns to shore. These are known as "wet" scallops, and are not recommended.

Instead, look for "dry" scallops or "day boat" scallops, which are caught and brought to market right away. Of these, you want the biggest, plumpest specimens you can find. Those are the ones that will most easily pick up nice grill marks when you set them

down across the grates.

The bright, tangy citrus marinade here is a mixture of lemon juice, orange juice and the zest of both fruits, along with a little olive oil. It's your choice of herb — sage or basil — after which each scallop is wrapped in a strip of prosciutto. You want to be careful to fold the prosciutto and herbs around the scallops so they're flush with the scallops' edge. That will ensure the scallops cook evenly on the grill after they've been threaded onto skewers. How to ensure they don't stick to the grill? Pat them dry, then brush them with a little oil right before grilling.

The grill must be well heated before you start cooking. Once you're rolling, don't turn over the skewers until the scallops are easily loosened from the grill, which is how you know they've been properly seared. This will only take 2 to 3 minutes a side. Give each one a little poke in the belly to see if it's almost done. You want to pull them off the grill when there's still a little bit of give, indicating they're slightly undercooked. The carry-over cooking time will finish the job.

## Citrus-marinated Scallop and Prosciutto Kebabs

Cooking time: Start to finish, 40 minutes (15 minutes hands on)

Servings: 4

### Ingredients:

- 1 tablespoon fresh lemon juice
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon fresh orange juice
- 1 teaspoon freshly grated orange zest
- Kosher salt
- 2 tablespoons extra-virgin olive oil, plus extra for brushing the scallops
- 16 sea scallops, tough muscle discarded
- 8 thin slices prosciutto di Parma (about 4 ounces)
- 16 large basil or sage leaves

### Directions:

1. Preheat the grill to medium.
2. In a medium bowl whisk together the lemon juice, lemon zest, orange juice and orange zest with a hefty pinch of salt until the salt

has dissolved; whisk in the 2 tablespoons olive oil. Add the scallops and toss until they are well coated. Let them marinate for 8 minutes.

3. Cut the prosciutto slices in half crosswise and fold them into strips about 1 1/2 inches wide (the same width as the scallops) and 5 inches long. Arrange the strips on a work surface and place a basil leaf in the centre of each strip. Top the leaf with a scallop and wrap the prosciutto around the scallop to enclose it. Thread 4 prosciutto-wrapped scallops onto each of 4 metal skewers. (If using wooden skewers, soak them for 20 minutes in water before threading the scallops.)

4. Pat the exposed scallop surfaces dry and brush them lightly with olive oil. Place the skewers on the grill and cook the scallops for 2 to 3 minutes per side or until almost firm to the touch, transfer to plates and let rest for 5 minutes before serving.

THE ASSOCIATED PRESS

## LEXICON

# Alphabet soup sparks confusion

Okonomiyaki, anyone? A survey released Tuesday for the restaurant reservation site OpenTable showed that style of savory Japanese pancake is the No. 1 most befuddling term among 2,035 diners, with one in five saying they won't order something they don't understand on a menu.

Foodies, stand down. Many of the Top 10 most confusing terms you're likely familiar with.

For the rest of us, as chefs in America have expanded their horizons, we bring you gochujang, piri piri, yuzu and bibimbap, following okonomiyaki in that order.

Nearly one in three diners in the Harris Poll conducted online for OpenTable said some menus are more confusing than they need to be. More than half surveyed in March felt ordering an unfamiliar item ruins their restaurant experience.

Okonomiyaki was a challenge for 69 per cent of the diners ages 18 and over, about half of whom said they eat out at least once a month. But there's rarely shame.

The survey of diners around the country showed two-thirds aren't embarrassed by their cluelessness, saying they are usually fine asking a server



for guidance, said Caroline Potter, OpenTable's chief dining officer.

The fact that some of the rubs, ingredients and completed dishes are a problem at all shows just how far many mainstream restaurants have come, she said. For instance, the 2014 edition of The Foodspotting Field Guide, featuring 75 dishes chosen by a gaggle of recreational foodies, posed this question: "Ever heard of Okonomiyaki?"

Now, at least among those who don't know classic Japanese cuisine, "It's much more prevalent on American menus," Potter said.

"It's interesting that there still remains this confusion on the diner side, whereas chefs and restaurateurs have latched onto it." THE ASSOCIATED PRESS

## 1 TASTY TERMS

### More menu items that baffle diners:

**Gochujang:** A savory, spicy, pungent fermented Korean condiment made from red chili, glutinous rice, fermented soybeans and salt. It was deemed confusing by 67 per cent of diners surveyed.

**Piri piri:** A Portuguese term for hot chilies or a hot sauce made from them.

**Bibimbap:** A Korean dish of rice topped with sautéed vegetables served with chili paste, beef or other meat, sometimes with a raw or fried egg.

**Gougeres:** A puff pastry flavoured with cheese (usually Gruyere) and often stuffed with a savory filling.

**Guanciale:** A type of Italian cured pork made from the cheeks of a pig.

**Shiso:** An Asian plant in the mint family used as an herb in cooking.



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# Paneer just perfect for paternal palate

## RECIPE

## White Indian cheese can be a favourite on Father's Day

With Father's Day just around the corner, this low-effort-high-reward dish is highly likely to hit the mark on all paternal palates.

One of the real beauties of this one is that it doesn't take much time to whip up, leaving you more previous hours to spend with your dad on Father's Day.

Paneer is Indian unsalted white cheese. It has a mild flavour so takes to marinades really well and unlike most cheeses, it can be grilled without melting so that it softens in the middle and chars on the edges.

This marinade is for the dish known as paneer tikka in India. It's made with some pantry staples like coriander, cumin, chili powder and yogurt. The marinade gives the paneer an addictive, lip-smacking and savoury flavour.

### SPICY GRILLED PANEER

Serves 4  
Time: 30 minutes

The paneer is best served hot with a salad, raita and some Indian flatbreads, like roti or naan.

Paneer is more widely available in Asian supermarkets, specialist stores and online. You'll also need some skewers.

#### Ingredients:

- 4 tablespoons Greek yogurt
- 1 lemon, juiced, plus extra wedges to serve
- 1 tablespoon chickpea flour
- 4 large cloves of garlic, peeled
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 1/4 teaspoons kosher salt
- 1-1/2 teaspoons red chili powder
- 1 tablespoon canola or other neutral oil
- 1 lb paneer
- 2 handfuls of fresh coriander, chopped
- 2 bell peppers, cubed
- 1 red onion, cut into 8
- 1 small zucchini,

thickly sliced

#### Directions:

1. Blend the yogurt, lemon juice, chickpea flour, garlic, cumin, coriander, salt and chili powder together in a blender, then tip the marinade into a bowl. Add a handful of chopped coriander and mix.
2. Cut the paneer blocks into 9 equal sized cubes and add to the marinade. Stir to mix. Then thread each of your skewers alternately with the onion, pepper, zucchini and paneer.
3. To cook the paneer, coat griddle pan with oil and heat pan until very hot. Lightly oil the pan so the paneer doesn't stick.
4. Place the skewers onto the pan and turn every minute or so until they are evenly cooked and a little charred on each side.
5. Serve with freshly chopped coriander and lemon wedges.

THE ASSOCIATED PRESS



Spicy paneer makes for a very new take on an old classic — grilled cheese. THE ASSOCIATED PRESS

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Haagen-Dazs is synonymous with pure indulgence and deliciousness. While it shouldn't be a regular part of your diet by any means, an occasional sweet treat in the hot months is part of enjoying summer! Not all of these chocolatey pleasures are the same. You can actually save on calories, fat and sugar. While gelato sounds like a lighter pick compared to the creamy original, the Haagen-Dazs Gelato Bar actually contains more sugar and calories because of the addition of condensed milk and corn syrup. Pick the Mini Vanilla Milk Ice Cream Bar for a lighter frozen treat with half the sugar and 100 fewer calories.

 **LIQUID ASSETS**
**All hail the bolder ales**

Anyone who says beer can't be as confusing as wine hasn't seen my inbox. Readers find it hard to keep up with beer geek friends.

Just remember beer is divided into two categories defined by how it's made. Lagers are bottom fermented at cool temperatures creating a crisp, thirst-quenching style associated with mainstream North American and European brews.

Ales are top fermented at warmer temperatures and are defined by their rich, malty flavour profiles. Bigger, bolder and bitterer than their lager cousins, ales are the darlings of the liquor landscape in 2016. Get your bitterness on with Central City's Red Racer India Pale Ale (473, \$2.80-\$3.99) from Surrey, B.C. It's a citrusy IPA with a firm, hoppy backbone and a forward punch of roasted malt. PETER ROCKWELL/METRO


**EXPOSÉ**

# Revealing Ghomeshi book out in October

A book promising a comprehensive look at the "enormity of the allegations" against Jian Ghomeshi is due this October.

**Secret Life:** The Jian Ghomeshi Investigation from the Star's Kevin Donovan will explore the Ghomeshi abuse scandal while providing a behind-the-scenes look at the months-long investigation by Donovan and Canadian podcaster Jesse Brown that led to the Star's exposé.

For **Secret Life**, Donovan interviewed 17 women and two men

who allege abuse by Ghomeshi. Since news of Donovan's book first emerged, critics have alleged that **Secret Life** could reveal the identities of women who were originally promised anonymity.

Donovan, however, says that only women who have identified themselves publicly will be fully named in the book. Otherwise, pseudonyms will be employed.

"The suggestions that were made in the past that I was going to identify them are ridiculous," Donovan said. TORSTAR NEWS SERVICE



Jian Ghomeshi under microscope. THE CANADIAN PRESS



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JOHANNA SCHNELLER WHAT I'M WATCHING

## Looking out for the pregnant in prison



Daya (Dascha Polanco) struggles as a pregnant inmate. JOJO WHILDEN/NETFLIX

**THE SHOW:** *Orange is the New Black, Season 3, Episode 4*  
**THE MOMENT:** The Smoke Break

Inmate Gloria (Selenis Leyva) sits outside the prison kitchen, smoking. Her son just visited. She's losing him; he's becoming a thug. Inmate Daya (Dascha Polanco), pregnant, joins her. The guard who promised to marry her and adopt her baby has vanished.

"Can I have a smoke?" Daya asks.

"What the hell is wrong with you?" Gloria snorts. "I swear to God, you were my kid" — her face falls — "you'd still be screwed up."

"Please," Daya says, sitting. "He's gone."

"I know," Gloria replies.

"F—ing piece of s—t," Daya says. "Like all of them."

"Yup," Gloria says.

"I can't believe he just left us," Daya says.

With Season 4 about to drop,

I thought I'd better catch up. The most consistently surprising thing about *OITNB* is its intimacy.

Women want to be close to people — but how do you handle it when intimacy is forced upon you?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

## Filet mignon for Fido, too

## CANINE DINING

## Chow is going gourmet with premium pet food growth

blend of beef heart, liver and ground-up bones as well as dark green vegetables. There are feline feasts, too, like Primal's organic kale, carrots and blueberries with chicken and salmon.

Honest Kitchen's got a turkey and parsnip or chicken and quinoa blend, as well as a fish and coconut mix designed for "touchy tummies."

Fresh pet food is another area of dramatic growth; supermarkets are adding refrigerated sections where protein and vegetable combos from companies like FreshPet are offered in tubs or slice-and-serve form.

Fresh pet food is another area of dramatic growth; supermarkets are adding refrigerated sections where protein and vegetable combos from companies like FreshPet are offered in tubs or slice-and-serve form.

Some pet owners have opted to reduce or eliminate grains, soy, corn or wheat because of allergy concerns. Solomon says only a small percentage of pets have such allergies.

But certain breeds are prone to diseases that may require special diets, she says. Pet owners should contact a canine nutritionist or veterinarian for advice.

If Fido or Fluffy doesn't really need poached squab, what's the best way to meet their nutritional needs?

"The main thing you want to be concentrating on is a complete meal, with a good balance of micronutrients and protein, that's easy to digest and meets the pet's needs," says Solomon.

Delicious-sounding dog and cat food recipes are just good marketing, says Chicago veterinarian Donna Solomon.

"The descriptions and the suggestions of wholesomeness, homemade and gourmet are aimed at our taste buds, not our pets," she says.

Freeze-dried pet foods that you reconstitute with warm water or broth are also popular, says Sid Hawkins, a spokesman for Pet Pantry Warehouse in New Rochelle, New York. Owners like that the bags are less cumbersome than regular kibble bags, and are shelf-stable.

Primal Pet Foods offers a protein- and vitamin-rich freeze-dried

pet supplements, too.

Watch out for onions and garlic, which have high sulfur content. Grapes, chocolate and high carb/high glycemic foods should also be avoided.

THE ASSOCIATED PRESS

Imagine a warm, fragrant entree of oven-baked chicken with whole-grain brown rice, steamed yellow squash and pan-wilted spinach.

Or slow-roasted leg of lamb with pearl barley, broccoli and crispy whole-wheat croutons with cheddar cheese.

Those aren't offerings at a tony French bistro. They're on the menu at Chef K9's Doggy Bistro and Cafe in Pompano Beach, Florida, which customizes meals for your dog and sends them to you.

The subscription-based company is just one of dozens that offer canine and feline foods that go well beyond run-of-the-mill supermarket chow.

According to Packaged Facts, a researcher in Rockville, Maryland, the premium pet-food sector accounted for nearly half of the \$26 billion U.S. pet-food market in 2013. Apparently, we want our pets to have not only a spot on the sofa but a figurative spot at the dinner table too.

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Primal Pet Foods offers a protein- and vitamin-rich freeze-dried



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# So long Lassie, hello baby Oliver

## ANIMALS

## Pet 'parents' taking a page out of baby name books

**Erin Kobayashi**  
Special to Torstar

In April, model Chrissy Teigen announced the birth of her daughter, Luna, with John Legend. I love the name Luna, it's feminine, celestial and easy to pronounce in many languages.

It's also the name of my dog — because Luna is clearly a dog name. It's an even better cat name (the Harry Potter and Sailor Moon reference became so popular that Toronto Cat Rescue advised fosters to stop naming their cats Luna). Or so I thought.

I began thinking of Luna's canine playmates and the list sounded like a kindergarten attendance sheet: Sophia, Ella, Riley, Oliver and Jack, and noticed that the top licensed cat, and even more so, dog names seemed to be taking cues from BabyCenter.ca's most popular baby names lists.

When my friend revealed that Edith was the front-runner name for her baby, I could only think of an acquaintance's hyperactive miniature pinscher-pug mix named Edith who appeared to run battery operated.

She named her daughter Edith, anyway. But that's OK. Human Edith's mother named her now 16-year-old dog Brooklyn (a popular baby name for years).

Are the days of Fido and Lassie dog-gone? While traditional dog and cat names like Buddy and Coco still rank high among licensed pets, I'm guessing



**Erin Kobayashi with her dog Luna, who shares a name with the new (human) daughter of Chrissy Teigen.** TORSTAR NEWS SERVICE

their owners may be mature in age. Let's face it, you don't have to be a spring chicken to become a pet "parent." And I understand the appeal of modern baby names for dog owners

because unlike cat owners, we are constantly addressing them in public.

In a 2011 poll by Purina Dog Chow, 90 per cent of owners considered their dogs members of the family, so it isn't surprising pet owners are favouring trendy baby names since, culturally, they hold a special place in our hearts (and unique space in our homes).

Companion animals are not wild animals, nor are they domesticated in the sense of farm animals. So, we have pets,

which are like mini-humans to us," explains James K. Stanescu, a lecturer specializing in animal and environmental ethics in Philosophy at American University in Washington, D.C.

According to the same 2011 survey, 40 per cent of owners refer to themselves as "mom" and "dad" to their canine com-

panions and I have noticed that descriptors like "fur baby," "practice baby," "first born" and "the roommate" are widely used.

"I think we have slowly tended to want to see pets as more of a member of the family," says Stanescu. "We give them more human names, as opposed to the old nicknames that we give to farm animals. But we also avoid calling them pets.

"They are fur babies, roommates, etc. We are still trying to figure out what a pet is, as opposed to a wild animal or a farm animal, both of which are categories that go back thousands of years."

While Stanescu points out

that giving names to animals helps us recognize them as individuals, calling them fur babies and roommates is a stretch — considering our pets lack basic human rights.

"If your dog makes too much noise, you can have a surgery called debarking. You can remove your cat's claws. We routinely keep our cats indoors for their whole lives, and remove the reproductive organs of our pets," Stanescu says.

"Those last two are things we would never do to human children, but are probably for the best for our pets. So, I think we have hard ethical choices we have to make about what it means to live with other animals that we have complete

## PET CUSTODY

### So, who gets the dog?

Pet custody disputes arising out of the break-up of its owners are on the rise, according to the American Academy of Matrimonial Lawyers. The survey cited attorneys handling cases concerning cats, dogs, birds and reptiles. Robin Bennett, chairman of the Association of Professional Dog Trainers, gives these five tips for exes sharing a pet:

1. Keep the animal on the same sleep schedule at both houses.
2. Maintain similar feeding times.
3. Enforce the same rules.
4. Make sure the animal gets plenty of exercise.
5. Use the same commands and cues.

THE ASSOCIATED PRESS

control over, and I worry that calling them fur babies or children or roommates is a way of dodging this really complicated ethical activity."

And perhaps, there are names that should be reserved for humans only. Particularly names claimed by friends and family, if only to avoid confusion.

When Shannon Echlin named her Boston terrier-beagle mix Kevin, she forgot about two human Kevins in her life. "We have to add Kevin 'the dog' or Kevin 'the human' to their names when we are addressing them," she says. She also finds herself constantly clarifying that Kevin is not her significant other. "Most people think I have this wild boyfriend who eats garbage," she says.

And before you wonder, Echlin does not have an ex named Kevin. TORSTAR NEWS SERVICE

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# Getting summer road-trip ready

You've packed, mapped your route and booked your stay. So you think you're ready for your summer road trip? Not so fast. "There's actually quite a bit to do in preparation of a road trip," explains Steve Kee, spokesperson for the Insurance Bureau of Canada. "You need to prepare your home and your car to keep you and your belongings safe while you travel." Here's a list of dos and don'ts

Michelle Williams

## Your home

- DO let your neighbours know you're leaving.

While you don't want the world to know you'll be going out of town, there are some key people to advise of your plans. "Get to know your neighbours. They can check on your place while you're gone and make sure everything is okay," says Kee. They can collect your mail, pick up any newspapers or other items left at your door, and give the place a look-over every day or two on your behalf. "You can also ask them to occasionally park in your driveway so it looks as though someone is there." Don't forget to give them your contact information so they can reach you in an emergency.



**Put the inside and outside lights on a timer to give the appearance that you're home**

Steve Kee,  
Insurance Bureau of Canada

- DON'T share your travel plans and holiday photos on social media.

As much as we all love to share our vacation pictures, it can leave you vulnerable. "Someone with less than good intentions could be watching your posts."

- DO give your house a lived-in feel.

"Install motion sensor lights or put the inside and outside lights on a timer to give the appearance that you're home."

- DON'T make things easy on crooks.

Put jewelry and other valuables in a safety-deposit box, a wall safe or at least someplace where thieves will be less likely to find them.

- DO consider disconnecting expensive electronics.

This is in case your home experiences a power outage followed by a surge when the electricity goes back on, which can ruin electronics. "It's a good idea to unplug unless you have surge protectors."

- DON'T be overly obvious about packing your vehicle.

Consider packing up in the garage, or if you don't have one, "back your car into the driveway so it's not so obvious that you're heading out on vacation."

- DO a home inventory.

Write it all down and take photos, or do a video walk-through before you leave town. "If someone breaks in, you have all your belongings documented. This is important for insurance purposes." If you haven't checked your coverage in a while, this could be a good time to do a review.

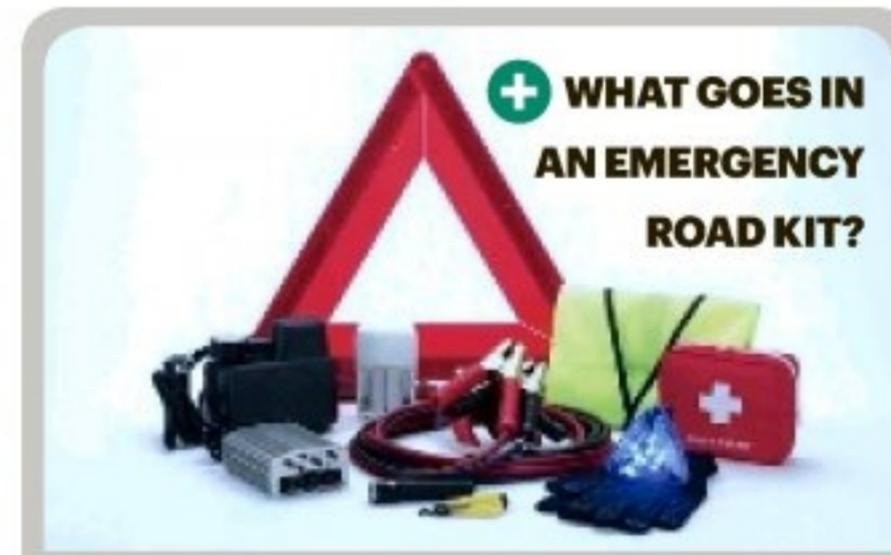
- DON'T forget to set your security system.

Surprisingly, although people pay a monthly fee for these services, some vacationers won't set their alarm before they leave for fear of false alarms. "If you have a system, set it. That's what it's there for."

## Your vehicle

- DO make sure your car is ready for the road.

"Be sure it's had a recent tune up, your brakes are in good condition and your tires are roadworthy," says Kee.



Here's what Steve Kee, spokesperson for the Insurance Bureau of Canada, recommends you keep in your car when you're embarking on a summer road trip:

- First-aid kit (be sure it includes bandages, tape, gauze pads, antiseptic wipes, pain-relief medication, possibly an EpiPen)
- Tools to cut off a seat belt or crack a car window in an emergency
- Jumper cables
- Fire extinguisher
- Tire gauge (to check tire pressure)
- Tire sealant (a quick way to fix a hole in a tire)
- Rope for towing
- Blanket
- Flashlight and replacement batteries
- Road flares
- Whistle
- Spare change (but keep it out of sight — believe it or not, people will break into your car just for change)
- Phone charger
- Roadside assistance membership card
- Food that won't spoil, like energy bars
- Water bottles

Get your fluid levels checked and check your wiper blades. Make sure your tires are properly inflated to reduce the likelihood of roadside problems, and be sure your battery terminals are clean in case you need to charge your battery.

- DON'T forget your documents.

Make sure you have your driver's license, your insurance papers and your vehicle ownership.

- DO pack safely.

If you carry items in a roof-top cargo carrier, be sure it's installed correctly and not too heavy. Use it to carry lightweight bulky items.

- DON'T forget to pack an emergency road kit.

See "What goes in an emergency road kit?"

- DO consider getting a navigation system.

If you don't have one in your car or on your phone, you can buy portable systems that plug into your car lighter. They're great for getting directions, traffic checks, road closures and other information.





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## If only it could buy you beers



REVIEW

### F-150 takes over roles friends used to have

Stephen Elmer  
AutoGuide.com



is billed as a smaller and more economical option than the top dog 3.5-litre EcoBoost. It makes 325 hp, but burying the throttle launches the truck with much more force than the numbers suggest. In fact, gun to my head, I might be hard pressed to tell you if it is the 2.7-litre or the 3.5-litre engine providing power when the trucks are unloaded.

Besides being fast without a load, the turbos help to bring the torque on low in the rev range, providing good pulling power to get your trailer or payload on the move. The only downside to EcoBoost — and it has been since the first version of Ford's turbocharged engines were introduced — is fuel economy. While the official ratings peg this truck at 8.1 km/L combined, seeing averages of closer to 7.2 km/L isn't uncommon.

Trying to back up a big trailer by yourself? Ford's new truck even makes that a breeze with almost no experience necessary.

The truck can even give you a massage. Now, if only the F-150 could pick up the next round of beers, it might be an even better friend than most!

Though its all-new aluminum body stole the headlines when the redesigned F-150 hit the market, the changes to this truck are more than just skin deep. And the strength of this package starts with the powertrain.

Our test truck came equipped with Ford's 2.7-litre EcoBoost V6, a turbocharged unit that

### THE CHECKLIST | 2016 FORD F-150

#### THE BASICS

**Engine:** 2.7L EcoBoost V6  
**Power:** 325 hp  
**Transmission:** Six-speed automatic.  
**Pricing:** \$48,000 as tested.



#### LOVE IT

- Turbo Power
- Pro-Trailer Backup Assist
- Handling

#### LEAVE IT

- Slightly rough ride
- Mirrors on the standard model should be bigger



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# Don Draper's car is on the market



## WHEELS ROUND UP

News driving the auto industry brought to you by AutoGuide.com

### FOR SALE

#### Own a piece of Mad Men

Love Mad Men? Love cars? Don Draper's 1964 Chrysler Imperial is crossing the auction block. Offered by ScreenBid, the 1964 Imperial Crown convertible was used in Season 4, Episode 3 and is one of 922 Imperial Crown convertibles ever built. They're so rare now that it is believed fewer than 200 exist today. ScreenBid brags that this 1964 Chrysler Imperial is the only Imperial to boast having been smoked in by Don Draper, when he drives it to visit the real Don Draper's wife in California. There's a bit of history about the car too, as many mistakenly refer to it as a Chrysler Imperial, including local DMVs when titling the car. In fact, Imperial was a separate brand after 1955, spun off by Chrysler to compete with Lincoln and Cadillac. This particular model was penned by famous auto designer Elwood Engel.

JASON SIU/AUTOGUIDE.COM

### SELF-DRIVING CARS

#### Drivers divided

A recent study has found that nearly half of drivers prefer to not have any self-driving features in their vehicles. University of Michigan researchers surveyed 618 drivers on their preferences with 45.8 per cent of respondents saying they prefer no self-driving. Nearly all of the respondents (94.5 per cent) said they would want to have a steering wheel plus accelerator and brake pedals or some other controls available.

JASON SIU/AUTOGUIDE.COM



### ZENITH COLLECTION

#### Toyota, Uber may join forces

Toyota and Uber have announced a partnership to explore a possible rideshare collaboration. The two companies have entered into a memorandum of understanding (MOU) that will explore collaboration, starting with trials in countries where ridesharing is expanding, taking various factors into account such as regulations, business conditions and customer needs.

JASON SIU/AUTOGUIDE.COM



### IN BRIEF

#### Hyundai Readying 322 km electric vehicle

Hyundai will introduce electric vehicles with a longer range before the end of the decade. In a recent interview, Hyundai's director of its eco-vehicle performance development group, Byung Ki Ahn, confirmed that a 322-kilometre Hyundai electric vehicle will be introduced by 2018. Range will go even further by 2020, when Hyundai plans on adding a 400-kilometre electric vehicle to its lineup. That's a major improvement compared to the Hyundai Ioniq EV that has a 177-kilometre range.

JASON SIU/AUTOGUIDE.COM

### VANQUISH ZAGATO CONCEPT

#### Aston Martin's sexiest car in years

Dripping in sex appeal thanks to Italian design-house Zagato, Aston Martin has revealed the new Vanquish Zagato Concept. The car will be at the Concorso d'Eleganza Villa d'Este in Lake Como, Italy to show off its gorgeous new carbon fibre body. Aston reduced the split lines on the body by using large one-piece panels, while new lights and tail reflectors are meant to capture to classic Zagato look. Under the hood, Aston stuck with naturally aspirated power, opting for a V12 with 590 horsepower.

STEPHEN ELMER/AUTOGUIDE.COM





CONTRIBUTED

# Car dealership does pre-owned with a difference

**Family-owned and family-run Stampede Toyota offers its bestselling vehicle certified used, as well as some unique customer service**

The Rav4 is a vehicle that checks all the boxes, and then some.

Fuel efficient? Yep.

Low cost of ownership? Absolutely.

Best of all it's a Toyota so you know it's well made and has fantastic resale value. So buying new or certified used, you're going to get a great deal.

Stampede Toyota is the dealership that checks all the boxes too: a family-run business with experienced, knowledgeable staff who love their jobs, and perks for customers like a

free nail salon while you wait. Plus they have a huge inventory of Rav4s with over 100 in stock.

"Stampede Toyota is a family-owned and family-run business with an experienced management team. We've got the customer service and we've got the experience," said Adam Boyd, new vehicle sales manager.

"Over 90 per cent of Rav4s sold in the last 10 years are still on the road today."

And the Rav4, more than any other vehicle, is a best seller at Stampede Toyota and throughout the city too. Boyd said there are many good reasons why the Rav4 is such a top pick in Calgary.

"In Calgary you've got all kinds of weather and you might be on the highway or you might be downtown so the Rav4 is easy to maneuver with a tight turning radius, but it also cruises on the highway no problem," he said.

The Rav4 has the most efficient on demand all-wheel drive system on the market, rating

as low as 6.9L/100km in the city. Rav4 also has the highest safety rating by the Insurance Institute for Highway Safety and it's the first vehicle to earn both the best pick for front and side impact.

For hauling groceries or dogs, the Rav4 boasts a large capacity, 73.3 cubic inches, of cargo space and it's designed inside and out for your active lifestyle.

Stampede Toyota also has a large selection of certified used Rav4s.

"The Toyota Certified Used Vehicle program is designed to take the reconditioning service to the next level," said Carl Holst, pre-owned sales manager. "It gives customers peace of mind when they're purchasing a pre-owned vehicle that it is above and beyond the traditional Alberta safety standards."

Vehicles have to pass a rigorous safety inspection to make it through the program to be Certified Used.

***"It gives customers peace of mind when they're purchasing a pre-owned vehicle that it is above and beyond the traditional Alberta safety standards."***

*– Carl Holst, Stampede Toyota*

And Stampede Toyota offers their customers so much more than other dealers.

"We have a free nail salon we offer to our customers whether they're in sales or service it's just an extra little perk of coming into the dealership," Holst said.

"We also have things like the car wash, drive-through service bays and an indoor delivery centre that not every dealership can offer."



**2015 TOYOTA RAV4 LE**



43,134 KM'S  
Was \$26,248  
STK 5869A  
BELOW MARKET VALUE PRICING  
**\$22,888**

**2015 TOYOTA RAV4 LE**



51,587 KM'S  
Was \$26,283  
STK 6598A  
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16,960 KM'S  
Was \$31,961  
STK 6045A  
BELOW MARKET VALUE PRICING  
**\$28,888**

**2015 TOYOTA RAV4 LE**



44,355 KM'S  
Was \$26,991  
STK 6599A  
BELOW MARKET VALUE PRICING  
**\$22,888**

**2015 TOYOTA RAV4 LE**



42,165 KM'S  
Was \$27,203  
STK 6894A  
BELOW MARKET VALUE PRICING  
**\$22,888**

**2014 TOYOTA RAV4 LIMITED**



434,379 KM'S  
Was \$32,701  
STK 160578A  
BELOW MARKET VALUE PRICING  
**\$28,888**

**2014 TOYOTA RAV4 LIMITED**



56,237 KM'S  
Was \$31,116  
STK 6044A  
BELOW MARKET VALUE PRICING  
**\$27,888**

**2013 TOYOTA RAV4 LIMITED**



87,927 KM'S  
Was \$28,873  
STK 695A  
BELOW MARKET VALUE PRICING  
**\$24,888**

## MANAGER'S WEEKLY SPECIALS

FINANCING FROM 1.9%

**2012 TOYOTA RAV4 TOURING**



70,897 KM'S  
Was \$21,946  
STK 6978A  
BELOW MARKET VALUE PRICING  
**\$18,888**

**2012 TOYOTA RAV4 SPORT**



71,209 KM'S  
Was \$25,447  
STK 6999A  
BELOW MARKET VALUE PRICING  
**\$21,888**

**2006 TOYOTA RAV4 LIMITED**



206,123 KM'S  
Was \$12,409  
STK 7025A  
BELOW MARKET VALUE PRICING  
**\$8,888**



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LE AWD	\$37,536 160255	\$37,536 160291	\$37,536 160382	\$37,536 160384	\$38,329 160660	\$38,329 160667	
XLE AWD	\$27,396 160138	\$27,396 160161	\$28,268 160290	\$29,608 160692	\$29,609 160720		
SE AWD	\$31,406 160117	\$31,406 160205	\$32,735 160877	\$41,690 160249	\$37,202 160126	\$35,718 160644	\$35,718 160577
HYBRID LTD							
HYBRID XLE							
	\$34,115 160160	\$35,575 160564	\$35,575 160658	\$35,575 160568	\$35,575 160569	\$35,575 160670	\$35,575 160714

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# Thrilling win over Brazil

## INTERNATIONAL FRIENDLY

### Canada pull off late theatrics in final home game before Rio

On a night when Canada chased a goal for 90 minutes, substitute Janine Beckie delivered deep into injury time Tuesday to beat Brazil.

Diana Matheson sent a high ball towards the Brazilian goal and Beckie, from outside the penalty box, lobbed substitute goalkeeper Luciana, who had just come on as a late injury replacement. It was virtually the last kick of the game and produced a dramatic 1-0 win before 23,568 fans at TD Place.

TUESDAY in Ottawa

<b>1</b>	<b>0</b>
CANADA	BRAZIL

3 France in Auxerre on July 23.

The team will leave France for Brazil, where it opens Aug. 3 against No. 5 Australia. Canada will also

face No. 2 Germany and No. 95 Zimbabwe in round-robin play.

The Canadians had been after the goal all game. They pressed the action and had more and better scoring chances. As farewells go, it was a bright one with a hint of things to come.

"I think Canada was better than Brazil tonight," Brazilian coach Vadao said through an interpreter. "They made fewer mistakes, had more opportunities and they scored."

THE CANADIAN PRESS

## MEN'S PLAY

A late own goal gave Canada's men's soccer team a 2-1 win over Uzbekistan in a friendly on Tuesday in Bad Waltersdorf, Austria.

Canada was composed from the get-go Tuesday and had the better of the play against a much-changed Brazilian starting 11.

The 10th-ranked Canadian women will return to their clubs for the rest of the month before reassembling July 1 for a camp in Vancouver. They head to France in mid-July for a closed-door game against China and then a friendly with No.



Canada's Janine Beckie jumps into goalkeeper Stephanie Labbe's arms on Tuesday.

SEAN KILPATRICK/THE CANADIAN PRESS

## OBITUARY

### BASEBALL IN BRIEF

#### Lack of run support stops Jays' Sanchez in his tracks

Ian Kinsler drove in the winning run with a 10th-inning single, and the Detroit Tigers won their fifth straight game, 3-2 over the Toronto Blue Jays on Tuesday night.

The Tigers tied it with two runs in the ninth, spoiling an outstanding effort by Blue Jays starter Aaron Sanchez. The Toronto right-hander struck out a career-high 12 and took a one-hitter into the ninth inning, but he didn't get another out as Detroit rallied.

#### Phillies eke out win on Cubs

Jerad Eickhoff threw seven impressive innings, Ryan Howard hit a solo homer and the Philadelphia Phillies beat the Chicago Cubs 3-2 on Tuesday night.

Eickhoff (3-8) allowed one run and two hits, striking out eight. Jeanmar Gomez pitched out of a bases-loaded jam in the eighth and got the final six outs for his 19th save in 20 tries.

Howard hit his ninth homer way out to right-centre to make it 2-0 in the fourth.

THE ASSOCIATED PRESS

## OBITUARY

### Slice dead at 42



**Outside of the cage he was a friendly, gentle giant and a devoted family man.**

Bellator CEO Scott Coker

fights in 2003. Videos of his violent knockout victories in those bouts became wildly popular online.

THE ASSOCIATED PRESS



**MLB ORIOLES SWING FOR THE FACES** Kansas City right-hander Yordano Ventura hit Manny Machado with a pitch to spark a bench-emptying fray and the Orioles extended the Royals' losing streak to a season-high six games with a 9-1 rout on Tuesday night in Baltimore. PATRICK McDERMOTT/GETTY IMAGES

# Broncos wait to examine Talib

NFL

## Cornerback was shot in the leg over the weekend

The Denver Broncos are awaiting Aqib Talib's return to team headquarters Wednesday so they can begin charting the cornerback's recovery from a gunshot wound to his right leg.

Talib was shot in Dallas over the weekend and missed the Super Bowl champions' visit to the White House.

No arrests have been made and police continue to investi-

gigate the shooting. WFAA-TV in Dallas said that according to police, the bullet entered Talib's right thigh and exited his right calf. Such a trajectory suggests he could have shot himself.

The Broncos believe he'll make a full recovery, but Talib, who's had firearm incidents in his past, could be facing legal consequences and possible punishment from the NFL, which is looking into the matter.

"The only thing I'm concerned about right now is his health," coach Gary Kubiak said Tuesday as the Broncos began their three-day mandatory minicamp. "And that's why I'm trying to get him here for, so that we can see him, put our hands on him, know

### HOLDOUT

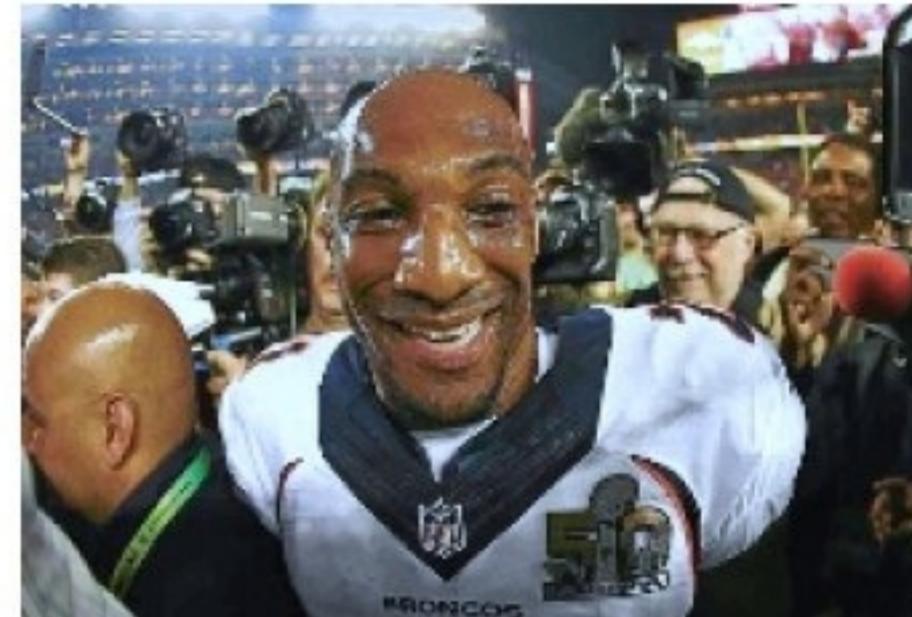
Super Bowl MVP Von Miller was also absent Tuesday from the Broncos' mandatory three-day minicamp. He's declined to sign his \$14.129-million franchise tag tender or attend the team's off-season program while awaiting a new long-term contract.

exactly what's going on and go from there."

Kubiak demurred when asked if he knew whether Talib's bullet wound was self-inflicted.

"I've obviously had many conversations with Aqib since this has taken place but right now that's between he and I and the club," Kubiak said, adding he's "still trying to get more information on exactly everything that's happened."

In 2011, Talib was indicted on an aggravated assault charge near Dallas for allegedly pistol-whipping his sister's boyfriend and firing a shot at the man. But those charges were dismissed for lack of evidence. Last year, he and his brother were questioned at the scene of an aggravated assault at a Dallas nightclub. Talib's car was towed and examined for evidence, but he wasn't charged in the case. THE ASSOCIATED PRESS



**Aqib Talib was an integral part of Denver's league-best defence last year, collecting 45 tackles, 13 pass breakups and three interceptions.** RONALD MARTINEZ/GETTY IMAGES

## Service Directory

### LAND FOR SALE

#### ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

##### I. THE SECTION 8 LANDS

NW, NE and SW quarters of 8;22;1;W5M  
Three Adjacent Quarters close to the City of Calgary  
to be sold individually or together

Parcel A - NW 1/4, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE 1/4 156.53 Acres (+/-) and includes a 7,950 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW 1/4, 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

##### II. THE RIVER RANCH LANDS

West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2  
(located within NW 1/4 of 30;20;1;W5M)

Parcel A - West 1/2, 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

Parcel B - 5.04 Acres (+/-) located within the NW 1/4 of 30;20;1;W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary  
4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7  
P: 403 298 3079 | E: WongL@bennettjones.com

### DAILY WARM UP



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### NEW ENGLAND

## Backup QB: My process is the same

As Tom Brady awaits the outcome of his latest appeal of his suspension, backup quarterback Jimmy Garoppolo said his preparation for the season remains unchanged.

"No, pretty much the same. Going about my business the same way," Garoppolo said Tuesday as the Patriots opened their three-day minicamp.

"Just coming out here trying to get better every day. We've been pretty fortunate so far, we've had good weather and everything. Practice has been going pretty well, so we just gotta keep rolling the way we are."

Brady didn't address reporters following Tuesday's workout and hasn't spoken publicly on his case since he asked the 2nd U.S. Circuit Court of Appeals last month for a new hearing before an expanded panel of judges in the "Deflategate" case.

The request comes after a three-judge panel in April reinstated Brady's suspension for what the NFL ruled was the quarterback's role in using underinflated footballs



during the 2015 AFC championship game.

Much as he did last season, on the field Brady looked as if everything was normal, tossing passes during drills Tuesday, and even working 1-on-1 with new tight end Martellus Bennett.

"It's just like the student-to-teacher ratio," Bennett said. "When it's lower you have a better chance of learning the material. So it's always fun." THE ASSOCIATED PRESS

### SECOND STRING

Garoppolo has yet to start a game for New England, but has appeared in 11 games and thrown for one touchdown since being drafted by the Patriots in 2014.

### NFL IN BRIEF

#### League turns to police after its Twitter hacked

The NFL has "engaged law enforcement" to see how its Twitter account was hacked with a post purporting that commissioner Roger Goodell had died.

THE ASSOCIATED PRESS

#### Kaepernick cleared for individual work at minicamp

San Francisco quarterback Colin Kaepernick was cleared for individual work and took on-field reps Tuesday for the first time since undergoing multiple off-season surgeries.

THE ASSOCIATED PRESS

**RECIPE** Salmon Tray Bake

PHOTO: MAYA VISNEV

**Ceri Marsh & Laura Keogh**  
 For Metro Canada

There is no better strategy to get dinner on the table than to cook everything together. It's why we love a tray bake, especially this one since it delivers roasted flavor for the veggies and potatoes and flakey salmon.

**Ready in**  
 Prep time: 10 minutes  
 Serves: 4

**Ingredients**

- 2 new potatoes
- 3 Tbsp olive oil
- 2 tsp fresh or dried thyme
- Salt and pepper
- 4 salmon fillets
- 1 bundle of asparagus, washed and trimmed
- 20 cherry tomatoes
- Big squeeze of lemon juice

**Directions**

1. Preheat the oven to 375 F.
2. Line a rimmed baking sheet with parchment.
3. Thinly slice potatoes and scatter them across baking sheet. Season with 2 tbsp of olive oil, pinch of salt, pepper and thyme. Place in oven for 15 minutes.
4. Remove tray from oven. Increase heat to 400 degrees. Lay the salmon filets over the potatoes and add the asparagus and tomatoes. Return to oven for 10 to 15 minutes, or until salmon is cooked.
5. Remove from oven. Squeeze lemon juice over the whole pan and serve.

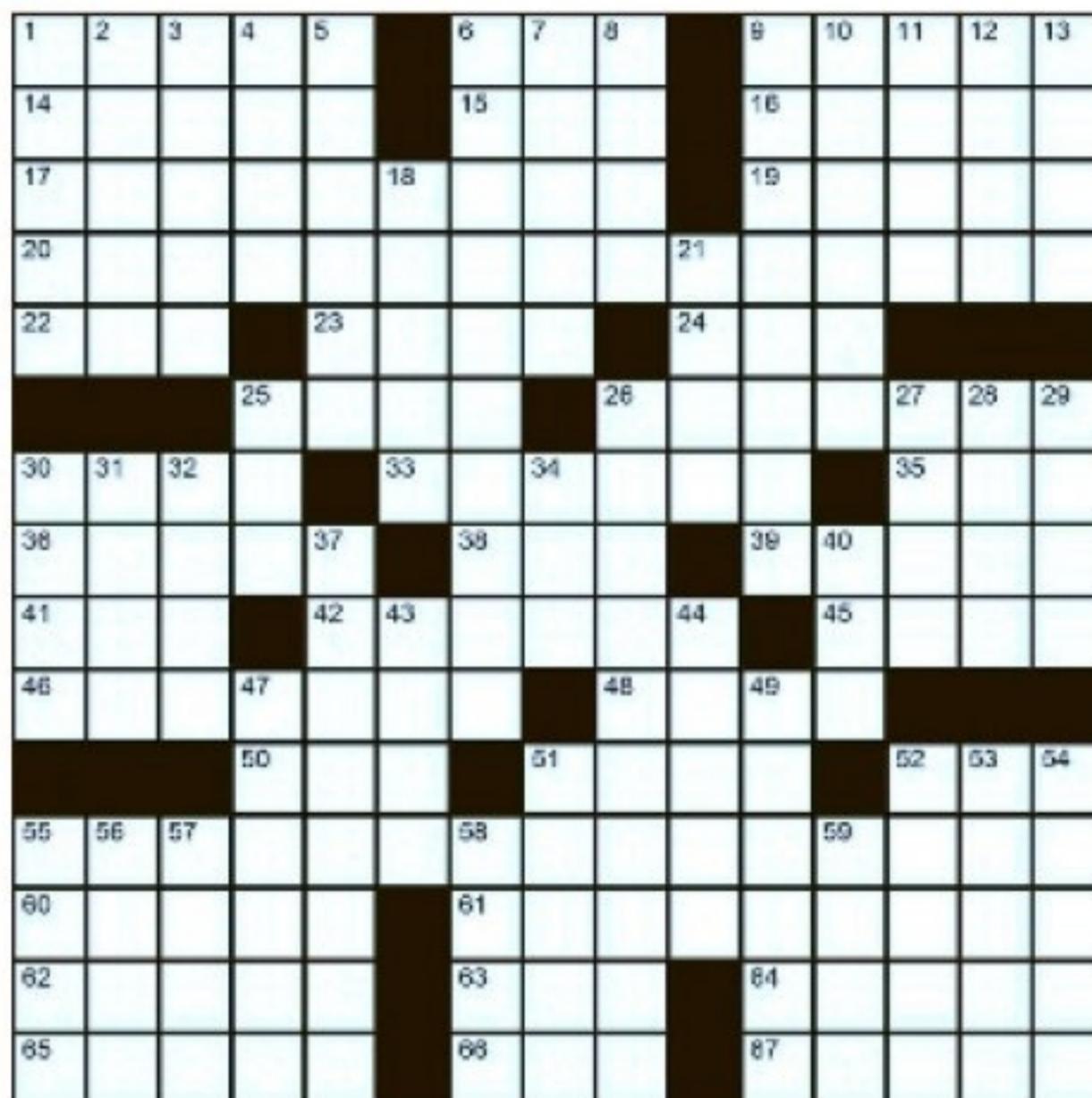
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**CROSSWORD** Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Architectural style of The Parthenon, an ancient temple in Athens which also features Ionic elements
6. Crosby, Stills and Young's bandmate ... his initials-sharers
9. Grassy plain
14. Effusive/bubbling
15. Tai-Kadai language
16. Trojan War epic
17. Packages made available to potential advertisers: 2 wds.
19. "Pink Shoe Laces": 1959 song by \_ Stevens
20. Police headquarters in London, as per the show at #46-Across: 3 wds.
22. Amer. tax ID
23. Milliner's manufacturees
24. Assistance
25. Corduroy line
26. Ground the teeth
30. \_-Deucey (Back-gammon variant)
33. Garden structure
35. Ms. Gabor
36. Drives
38. \_-Rock (Music genre)
39. Challenged
41. Meals-on-trays eatery, mini-ly
42. Canadian actor, Elias \_
45. Delivery vehicles
46. \_ & Doyle", crime drama on Global TV
48. Pal
50. Suffix to 'Mod'
51. Read: French
52. Three Stooges member
55. Heavenly-sounding Manitoba community: 3 wds.
60. Beaver logo clothier
61. Sickens at sea

**DOWN**

1. Curses
2. S-shaped mouldings
3. Uniquely-spelled song by California band LIFE
7. Washington's baseball team [abbr.]
8. Baseball star Sammy
9. Rebecca \_ (Canadian actress who stars
6. Paparazzi-snapped stylish stars/jetsetters aka The Beautiful People
11. Tennis' Steffi
12. Eugene O'Neill's daughter
13. "Farewell!"
14. Egypt: Temple of Horus at \_
15. Quebec 'wheat'
16. "Do you have some time?": 3 wds.
17. Ox-eyed goddess
18. All square
19. Cookies brand
20. Curve
21. "Maria"
22. "Hot cross buns! \_ penny, two..."
23. Gilbert and Rue
24. Mr. Hoffman
25. Nobel-winning 'Mother'
26. \_ greens (Crisper contents)
27. Sacred choral piece
28. Buck of "Hee Haw"
29. Composition
30. Tennis' Steffi
31. Eugene O'Neill's daughter
32. Character in "Diana" (2013)
33. "Diana" (2013)
34. Door \_
35. Sky-to-Earth water

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

	6	5	2	7	
		3			
2				4	
6		1	4		
7		8		9	7
3		7	9		6
	1			9	
		4			
4	8	6	2		

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**\*IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
 This is the perfect day to plan a vacation or make plans regarding the education of children. You might begin the necessary factual foundation for a creative project.

**Taurus** April 21 - May 21  
 Sit down with family members to plan how to improve your home or how to help a family member. People are in a sensible mood.

**Gemini** May 22 - June 21  
 You're in a practical frame of mind, which is why this is a good day to tackle routine tasks you have been avoiding. Roll up your sleeves and get down to it.

**Cancer** June 22 - July 23  
 If shopping today, you will want to buy only long-lasting, practical items. You also will work hard, with a thought of saving for the future.

**Leo** July 24 - Aug. 23  
 The Moon is in your sign today, which makes you more emotional than usual. This also makes you luckier than usual. Use this to your advantage!

**Virgo** Aug. 24 - Sept. 23  
 This is an excellent day to do research, because you will persevere and find what you're looking for. You'll be like a dog with a bone!

**Libra** Sept. 24 - Oct. 23  
 Listen to the advice of someone more experienced today, because it will be valuable. After all, you don't have to reinvent the wheel. (Plus, you don't have to follow what he or she says.)

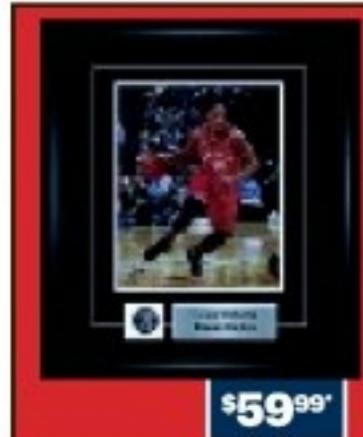
**Scorpio** Oct. 24 - Nov. 22  
 You make a great impression on bosses, parents, teachers and VIPs today. Because you are conscientious and hard-working, they will love you!

**Sagittarius** Nov. 23 - Dec. 21  
 This is a great day to study or finish a school paper. You will make great headway in matters related to publishing, the media, medicine and the law.

**Capricorn** Dec. 22 - Jan. 20  
 Use today's energy to clear away loose details regarding taxes, debt, insurance matters and inheritances. Listen to someone's advice about shared property.

**Aquarius** Jan. 21 - Feb. 19  
 This is a good day to sit down with spouses, partners and close friends and have a serious discussion about practical matters. You will see that by keeping things orderly, it will be easier for everyone in the future.

**Pisces**  
 Feb. 20 - March 20  
 It's easy to work hard today, because you have the right mind-set. Physical discomfort is less important. Getting the job done is what matters.



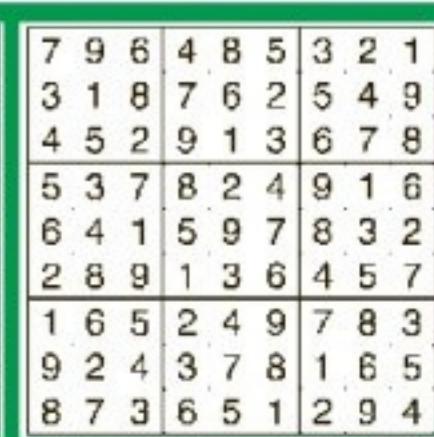
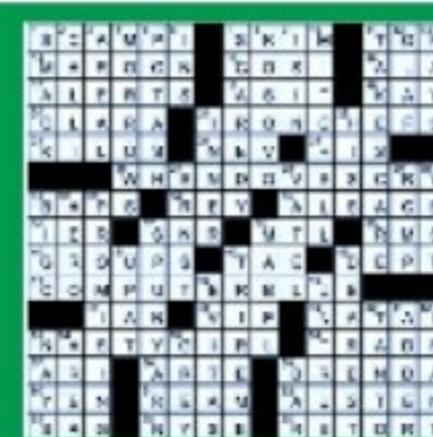
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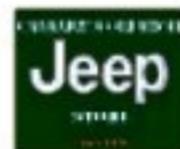
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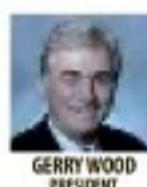
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HAN KIM  
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JOE CHIARIZIO  
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AARON SNOWIE  
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MICHAEL CYBULSKI  
10 YEARS



PHIL LAWRENCE  
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JOHN QUINLAN  
13 YEARS



BILLY MANSOUR  
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